

KANYE IMPOSES STRICT NEW RULES FOR KIM

KANYE WEST FINDS A WAY TO KEEP HIS WIFE OFF OF HER PHONE. PAGE 14



metro

NEW YORK CITY No. 1 FREE DAILY IN THE US

Tuesday, September 1, 2015 www.metro.us | t: MetroNewYork | f: MetroNewYork

Filling potholes faster



Bumpy road. Inventors of a gadget to identify and record potholes hope an innovative program to speed up the city contracting process can move their product into the fast lane.

PAGE 02

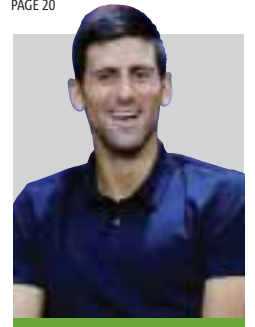
This gadget will help gather data on roads in need of repair in the five boroughs. / MILES DIXON, METRO

Bike group fights racial and gender stereotypes

PAGE 06

What gets served to Novak Djokovic?

PAGE 20



Yankees' Beltran lifts club with hot bat

PAGE 23

Get your undergraduate degree at Touro College's New York School of Career and Applied Studies

At NYSCAS we provide the support our students need to succeed, from the moment they enroll to the day they graduate.

ASSOCIATE'S AND BACHELOR'S DEGREES

- Business Management and Administration • Information Technology • Human Services
- Psychology • Education • Biology • Social Sciences • Paralegal Studies • Digital Multimedia Design
- Liberal Arts and Sciences • Pre-Law • Pre-Medical • Pre-Dental



Use your veteran's educational benefits
www.touro.edu/veterans



Facebook.com/nyscasTouro
Twitter.com/nyscasTouro

apply online at apply.touro.edu

Touro is an equal opportunity institution
For Touro's complete Non-Discrimination Statement, please visit www.touro.edu

scan here



NYSCAS
New York School of Career and Applied Studies
a division of TOURO COLLEGE

855.33.TOURO
(855.338.6876)

MANHATTAN, BROOKLYN, QUEENS
www.touro.edu/nyscas

1 NEWS

Top 3

The best of Metro.us

1 PHOTOS: Philly Naked Bike Ride 2015 (NSFW)

2 The six craziest moments at the MTV Video Music Awards 2015

3 Every single one of Miley Cyrus' MTV Video Music Awards 2015 outfits



On the go

Love getting your news fix with Metro? We know you do. Get more of the news, columns, reviews and games you love with Metro's digital newsletter. Sign up today at Metro.us/newsletters.

Local innovators aim for access to city contracts

Tech. NYC-based firm Citymart hopes to lower barriers between problem solvers and issues plaguing New Yorkers.

Two years of relentless work laid in Varun Adibhatla's hand in the shape of a 3D-printed black box.

Inside it lies all the hardware necessary that he and fellow recent grad Graham Henke hope can help local government to actually deal with the hundreds of thousands of potholes reported every year.

The only catch is whether the two 30-year-old men with freshly printed graduate degrees from New York University's applied urban science program can get it into the hands of City of New York workers.

Local governments are not particularly speedy when it comes to adopting technology, much less cutting-edge tech. There's usually a lengthy, complicated and oftentimes expensive proposal process to get in

on the \$17 billion the city spends on contracts every year on everything from public WiFi networks to notepads.

"Once the city decides to take on a project, the whole process can take two to three years before you have the thing in production," Henke said. "That's a whole technology cycle."

But Adibhatla and Henke hope to speed up the process through the city's new partnership with Citymart, a Manhattan-based firm devoted to pitching municipal problems toward the men and women who can best solve them.

City officials said Citymart's \$180,000 contract with the de Blasio administration doesn't replace the existing contract process. Instead, it will specifically offer five as-yet-undetermined challenges presented in Mayor Bill de Blasio's OneNYC sustainability and growth plan.

The city's Director of Innovation Jeff Merritt said he hopes the city can soon expect novel solutions to ongoing issues New Yorkers grapple with by providing a wider pool of problem solvers an open-ended question.

"This approach is about presenting the problem and asking for the best ideas to solve it, versus prescribing the exact deliverable," Merritt told Metro of Citymart's methods.

Founded by Sascha Haselmayer and his wife Julia, Citymart aims to short-circuit the typical proposal process so as to get innovative ideas to help improve



Varun Adibhatla, left, and Graham Henke, both recent NYU CUSP graduates, show Metro a gadget that will help gather data on roads in need of repair in the five boroughs at the CUSP Office at One Metrotech Center. / MILES DIXON

Fixing a problem

Prototype

The prototype for Adibhatla and Henke's Street Quality Identification Device, or SQUID, cost them about \$200 to produce, soldering and printing materials themselves to make it collect raw data and take a picture every time it

registers a pothole.

The city has already filled more than 370,000 potholes since Jan. 1 alone, and the de Blasio administration recently committed \$242 million for street repavement through 2017.

Adibhatla and Henke made the case that tools like SQUID can provide

a fuller picture of a problem through data, and can potentially lead to longer-term solutions to prevent potholes. That may someday translate more on other priorities such as funding for mass transit or schools, Adibhatla said, broader issues that affect all New Yorkers.

Quoted

"This approach is about presenting the problem and asking for the best ideas to solve it, versus prescribing the exact deliverable."

Merritt

New Yorkers' quality of life faster than ever.

"We're really redefining what problem solving looks like," Haselmayer said, adding that New York is the largest of the municipalities it's working with in the United States, among them Boston. "The goal is to lower the entry barriers

so people like Varun can show their solutions and make it a viable option."

Both Adibhatla and Henke look forward to the relationship between the city and Citymart as a means to open doors for groups like theirs — Advanced Research in Government Operations, or

ARGO Labs — to be competitive in a crowded tech market.

"We could actually make a living by improving our living," Adibhatla said.



CHESTER SORIA
@chestersoria
chestersoria@metro.us

Social. De Blasio answers NYers' questions in Twitter chat

Funnel cake, poet Albert Camus and zero rent increases for stabilized apartments this year.

All of the above were answers Mayor Bill de Blasio gave to users in an unannounced Twitter chat early Monday afternoon, where users asked his favorite dessert on beach boardwalks, his favorite writers and to describe

changes to the rent law in a single tweet.

The mayor answered 10 tweets within about a half hour, his first-ever chat on the social media network.

De Blasio has previously answered questions on social media, both as a candidate on Reddit's popular "Ask Me Anything" forum and as mayor in a Google Hangouts video

chat last year.

"Hey New Yorkers, Bill here," the @BilldeBlasio account tweeted shortly before 1 p.m. "The first day school is coming up next week. How are you preparing?"

Two minutes later, the mayor opened the floor to questions. "Let's use: #bdbchat," de Blasio tweeted, after which a

local reporter noted it was the same hashtag used by fans of a series of vampire novels.

The mayor didn't break any news with his tweets, instead focusing on questions related to affordable housing, education and homelessness.

"We're investing 1 bil over 4 yrs to keep people in their homes & working

to get people off the sts & into shelters," one mayoral tweet read.

Asked by a user about what he will do to "fix damage by the state's damaging policies," de Blasio tweeted his administration "moved away from over-reliance on high-stakes testing and ended the misleading grading of schools." **CHESTER SORIA**



COOKIES[®]

THE KIDS DEPARTMENT STORE



**NEW YORK'S
#1 SCHOOL
UNIFORM
HEADQUARTERS**

**LOWEST PRICES • FULL SERVICE SHOE DEPT
HUSKY & PLUS SIZES • OPEN 7 DAYS**

CookiesKids.com

510 Fulton Street
718-797-3300

982 Flatbush Avenue
718-287-2300

285 Livingston Street
718-797-3300

188-21 Jamaica Avenue
718-291-7700

91-11 Merrick Blvd
718-291-7700

1534 Westchester Avenue
718-991-9500

567 Melrose Avenue
718-585-0800

Escape. Woman flees from police custody

A woman in police custody for running out on a dinner bill busted out of her downtown Manhattan hospital room on Sunday evening, authorities said.

Investigators continue to search for Tiffany Neumann, 23, who escaped police custody while being treated at New York Presbyterian/Lower Manhattan Hospital on William Street at around 9 p.m. Sunday.

Officials said Neumann was originally arrested on Saturday and was being held for arraignment when she complained about her physical well-being, telling police she was pregnant.

NYPD was not able to confirm that Neumann was pregnant, however, since she slipped out of her handcuffs and bolted from the hospital room.

Last seen wearing the hospital gown she was checked in with,



Tiffany Neumann escaped NYPD custody. / NYPD

Neumann is described by police as 5 feet 5 inches tall and weighing about 120 pounds.

Anyone with information in regard to this incident is asked to call Crime Stoppers at 1-800-577-TIPS (8477), or by texting tips to 274637 (CRIMES) then enter TIP577. **CHESTER SORIA**

West Indian Parade group accused of bias

Labor Day. The organization is being criticized for only having members from Trinidad.

The West Indian Day Parade organizers are being slammed with allegations of discrimination based on being a solely Trinidadian organization.

According to Rickford Burke, head of the Caribbean Guyana Institute for Democracy, its membership slots are not open to individuals of other Caribbean cultures.

"While all West Indians come out to watch the parade, all West Indians are not allowed to be part of the West Indian American Day Carnival Association," Burke said. "WIADCA's board and

About the parade

The parade was created in the 1930s and originally held in Harlem.

- Today the West Indian Day Parade takes place every year on Labor Day along Brooklyn's Eastern Parkway.

general membership are made up of primarily Trinidadians.

"Parade goers do not know they cannot join WIADCA. It's a situation where WIADCA wants our money but not our membership."

He added that although WIADCA has the right to select their members, as a nonprofit that received public funds from both the city and state it is obligated to comply with the state's



Revelers dance and party during the annual West Indian Day Parade. / GETTY IMAGES

financial accountability and anti-discrimination laws.

Leaders of other communities claiming that they have been discriminated against also have

contacted CGID to complain about the matter, Burke said.

KARINA E. CUEVAS
@MetroNewYork
letters@metro.us



CRUMBS
Bake Shop

Visit www.crumbs.com for locations near you.



FREE
Medium Coffee

Expires 9/30/15. Limit one coupon per customer, per day. Present coupon at time of redemption — in store, in-person only.

BUY ONE
GLUTEN-FREE ITEM
GET ONE
1/2 OFF*

Expires 9/30/15. Limit one coupon per customer, per day. Present coupon at time of redemption — in store, in-person only.



\$5.00 off
any \$25 purchase

Expires 9/30/15. Limit one coupon per customer, per day. Present coupon at time of redemption — in store, in-person only.

BUY ONE
CUPCAKE
GET ONE
1/2 OFF*

Expires 9/30/15. Limit one coupon per customer, per day. Present coupon at time of redemption — in store, in-person only.

*Don't just **ride**, **Bike MS***



CIRCLE MANHATTAN TRAFFIC FREE

BIKE **MS** NEW YORK CITY » OCTOBER 4, 2015

REGISTER TODAY » BIKEMSNEWYORKCITY.ORG

THANK YOU TO OUR SPONSORS



'Deflategate' judge to rule after talks fail

Dropped the ball. A federal judge has announced that he will rule soon on Brady's suspension.

The National Football League and its players union failed to reach a

settlement in their dispute over New England quarterback Tom Brady's four-game "Deflategate" suspension despite weeks of talks, leaving a federal judge to resolve the issue in the coming days.

Following a final round of unsuccessful private discussions, U.S. District Judge Richard Berman said at a brief court hearing on

Monday that he will likely decide whether to uphold or throw out the suspension within one or two days.

In any case, Berman said, he will issue his ruling before Friday, at the request of the league and the union. The Patriots open their season on Sept. 10 at home against the Pittsburgh Steelers.

Brady was suspended for four games over his alleged role in a scheme to deflate footballs used in the Patriots' 45-7 victory over the Indianapolis Colts in a January playoff game. The win sent New England to the Super Bowl, where it defeated the Seattle Seahawks 28-24.

With dozens of news cameras set up outside

the courthouse, Brady and NFL Commissioner Roger Goodell arrived within moments of each other around 9:30 a.m.

The four-time Super Bowl champion and Goodell met behind closed doors before Monday's hearing with Berman and another federal judge who have been mediating the talks. **REUTERS**



Brady / GETTY IMAGES

Wheels. Bike group fights stereotypes



Members of Black Girls Do Bike / COURTNEY WILLIAMS

There's a group of women taking the cycling community in New York City by storm and making sure others like them know they are welcomed.

Black Girls Do Bike NYC is an organization of approximately 350 members, made up mostly of women of color from different ages and backgrounds throughout the city.

"People are ecstatic because many black girls on bikes feel like they're the only one [on a bike]," said Courtney Williams, 30, moderator for the New York chapter. "The fact that there is a place where they can be represented in a large number, since some of the girls come from backgrounds where sporting is discouraged. The fact that we are black women who are proud to sweat is an athletic revelation for them."

The NYC group was founded in January 2014 a year after the first one was created in Pittsburgh by Monica Garrison when she took up cycling as an adult and noticed the lack of black women on bicycles.

She wanted to see how many women of color connected under the passion of cycling, and currently there are chapters in 45 cities, plus Antigua.

One of their main objectives when riding is to never leave a fellow cyclist behind, as for many that is the main reason they don't venture out into the streets.

"This is supposed to be a noncompetitive environment," said Williams. "We welcome all different skill levels, so that black women can develop their interest and that interest can grow. One of the most crushing experiences is to get dropped on a ride [left behind], and some are already anxious to meet with a group of people they don't know."

For some members, the group is an opportunity to take up cycling once again after not riding for years. Others see it as a way to show how one sport is not exclusive to only a set group.

"It's great to ride with other women of color because we share the same love of cycling," said Iris Reyes, 51, from Ditmas Park. "It's important for other people of color to see that cycling is not just for 'white people on expensive bikes.' I'm more comfortable in this group of women that I just met this summer, than [with] other groups I've been riding with for years."

KARINA E. CUEVAS

NOW is the time to take care of YOUR BODY!

<input checked="" type="checkbox"/> Varicose Veins	<input checked="" type="checkbox"/> Heaviness
<input checked="" type="checkbox"/> Leg Ulcers	<input checked="" type="checkbox"/> Swelling
<input checked="" type="checkbox"/> Spider Veins	<input checked="" type="checkbox"/> Itching
<input checked="" type="checkbox"/> Pain/Burning	<input checked="" type="checkbox"/> Fatigue
<input checked="" type="checkbox"/> Restlessness	<input checked="" type="checkbox"/> Cramping

Frustrated with previous treatments, services and poor results?
Trust the doctor that cares about you!

- Personal & discrete care delivered directly Ronald Lev, MD
- Certified by the American Board of Venous and Lymphatic Medicine and the American Board of Anesthesiology
- No downtime
- 15 minute minimally invasive procedures
- Consistently ranked #1 Vein Doctor in NYC by our patients

Tired of long diets, juice cleanses & lotions?
Smart Lipo Laser Body Countouring
GET RID OF...

- Body Fat
- Sagging Arms
- Double Chin
- Cellulite & more

ADVANCED VARICOSE VEIN TREATMENTS OF MANHATTAN
TreatmentsOfManhattan.com
DRLEV@TREATMENTSOFMANHATTAN.COM
111 John St, Ste 1450 (bet Cliff & Pearl St), New York, NY 10038

212.204.6501

Most Vein Treatments Covered by Major Health Insurances including Medicare

EVENING APPOINTMENTS AVAILABLE!
(Hebrew, Spanish)



LAYING THE GROUNDWORK FOR NYC'S BRAND NEW BUSINESS DISTRICT.

The 7 Line Station at 34th St – Hudson Yards will support the growth and development of the far West Side, improving access to the Javits Center and the city's next hub for shopping, dining and working. **Opening September 13, 2015.**

Alaska. Obama to test wilderness skills on Bear Grylls TV show

President Barack Obama will test his wilderness survival skills with an appearance on the television show "Running Wild" in an Alaska adventure that will air later this year, NBC said on Monday.

Obama will be the first U.S. president to appear on the show, in which British outdoor adventurer Bear Grylls takes celebrities

through grueling treks in remote forests and mountains.

NBC made the announcement on the same day Obama began a three-day visit to Alaska that is focused on climate change. The network said Obama and Grylls would meet to observe the effects of climate change on the area. **REUTERS**

California

Bartender finds \$20, wins \$1M lottery with it

A Bay Area man who found a \$20 bill on a street outside San Francisco International Airport used it to play the California lottery and won \$1 million, a lottery spokesman said.

Hubert Tang used

the lucky bill to buy two scratcher tickets at a store near the airport and won the prize, lottery spokesman Greg Parashak said.

"I scratched the ticket outside of the store. I told my friend who I was with that I didn't know if it was real but, 'I think I just won a million dollars,'" Tang said, according to Parashak. **REUTERS**

State Department says 150 more Hillary Clinton emails have classified information



Hillary Clinton checks her phone. / GETTY IMAGES

Investigation.

Clinton gave the State Department about 55,000 pages of work emails in December.

About 150 more of Hillary Clinton's work emails have recently been designated as containing classified information, the U.S. State Department said on Monday ahead of the public release of the latest batch of emails Clinton handed over last year.

The department does not know for sure if any information was classified at the time it was sent or received on the private email server Clinton used for work, department spokesman Mark Toner told reporters.

"It's not an exact sci-

ence," Toner said in a media briefing, where he described the 150 emails as being "upgraded." "When we've upgraded, we've always said that that certainly does not speak to whether it was classified at the time it was sent."

The latest finding brings the total number of Clinton emails considered to contain classified information to more than 200 when prior batches are included.

The U.S. government forbids transmitting classified information outside secure, government-controlled networks. Clinton, the front-runner to become the Democratic Party's nominee for next year's presidential election, has said her use of a private email account connected to a server in her New York home broke no regulations.

REUTERS

Go after work. Or during work. We won't tell.



Caroline Wozniacki



Roger Federer



August 31 – September 13

Experience the thrill in person.
Tickets available | USOpen.org

ticketmaster



#usopen   

Players subject to change. ©2015 USTA. Photos © Getty Images.

Breathe Freely. Live Fully.

Why suffer with nasal and sinus problems when we have solutions?

At **eos sinus**, we diagnose and treat the many causes of nasal and sinus disorders.

After an expert evaluation, our board-certified physicians consider all your options before recommending a treatment plan. Our wide range of safe and minimally invasive treatments, including Balloon Sinuplasty™, have proven to be effective for many of our patients.

866-eos-sinus (866-367-7468)
eosinus.com

Most Insurance Plans Accepted

If you think you are suffering from sinus problems, visit our website and take our quick and simple Sino-Nasal Outcome Test.

eos sinus

For the treatment of nasal and sinus disorders

20 EAST 66TH STREET NYC • 262 CENTRAL PARK WEST NYC
589 BROADWAY NYC

833 NORTHERN BLVD GREAT NECK

Painful Varicose Veins & Swollen Legs?

Varicose veins are more than a cosmetic problem. They may lead to complications such as Deep Vein Thrombosis (DVT) and Pulmonary Embolism (PE), both of which claim up to 300,000 lives a year in the United States.

DO YOU SUFFER FROM

- ☒ Varicose Veins
- ☒ Spider Veins
- ☒ Itching and Burning
- ☒ Leg Pain and Cramps
- ☒ Heaviness and Swelling
- ☒ Skin Discoloration
- ☒ Ulcers and Blood Clots
- ☒ Difficulty Walking Long Distances

You may have a condition called venous insufficiency, which left untreated can lead to serious health complications. Our non-surgical, minimally invasive and painless endovenous procedure only takes 15 minutes.



Have you had prior vein treatment and are not satisfied with the results? USA Vein Clinics can help!

When it comes to your health, trust your legs only to the top vascular specialists at USA Vein Clinics.

Medicare and most insurances accepted! Call us today to schedule your appointment

(917) 717-5135

www.USAVeinClinics.com

**NOW
ACCEPTING
HEALTHFIRST!**

**USA
Vein
Clinics**

New York

1153 First Ave • Manhattan, NY 10065

2511 Ocean Ave, Ste 102 • Brooklyn, NY 11229

2444 86th St, Ste A • Bensonhurst, NY 11214

116-02 Queens Blvd • Forest Hills, NY 11375

NEW 1975 Hylan Blvd • Staten Island, NY 10306

NEW 260 W Sunrise Hwy, Ste 102
Valley Stream, NY 11581

COMING SOON 4159 Broadway • Washington Heights, NY 10040

New Jersey

766 Shrewsbury Ave, Ste 300 • Tinton Falls, NJ 07724

Migrants

Not the final destination

Ali, 34, and his 3-year-old daughter Mona were just happy to have found enough space to stand on their packed Austrian Railjet train bound for Munich.

"I can't wait," said Ali, who, like many of the Syrian migrants, hopes to join up with relatives already in Germany.

Children slept on the floors of carriages, exhausted. The air was thick with body odor.

The migrants' plight highlights the huge challenge facing the European Union, which has eliminated border controls between 26 states of the Schengen Area but requires new asylum seekers to apply in the first country they enter.

Most of the migrants have no intention of staying in Hungary, even those who register there, but aim to reach richer western European countries. **REUTERS**

Migrant trains reach Vienna, EU asylum rules under strain

Past three days. Hungarian police said they had caught 8,792 migrants crossing into the country.

Trains carrying hundreds of migrants started arriving in Vienna on Monday after Austrian authorities appeared to give up trying to apply European Union rules by filtering out refugees who had already claimed asylum in Hungary.

In the latest twist in a humanitarian and political crisis that is now testing the survival of both Europe's open-border regime and its asylum rules, Hungary allowed the migrants, many of them fleeing Syria's civil war, to cram into four trains leaving Budapest for Austria or Germany.



Migrants rush to make it to their German connection in Vienna's Westbahnhof railway station. / GETTY IMAGES

Many of the refugees arriving in a Vienna railway station on Monday evening immediately raced to board trains heading on to Germany, as policemen looked on passively, preferring not to intervene, witnesses said.

A train also arrived in

Quoted

"Thank God nobody asked for a passport. ... No police, no problem."

Khalil, 33, an English teacher from Kobani in Syria

Munich from Budapest on Monday evening. German police said there were about 200 on board.

Khalil described how he and his family had been able to buy train tickets in Budapest and were headed for Hamburg, Germany, adding that he was sure of

seeing a better welcome there after traipsing across the Balkans and Hungary.

"As for Germany, Syrians call [Chancellor Angela] Merkel 'Mama Merkel,'" he added, referring to the German leader's relatively compassionate response so far to the migrant crisis.

One of the trains was stuck for hours in searing summer heat at the Hungarian border town of Hegyeshalom, with Austrian railways citing safety concerns about overcrowding.

In line with EU rules, an Austrian police spokesman said only those who had not already requested asylum in Hungary would be allowed through — but the sheer pressure of numbers finally prevailed and, with few police officers or border officials reporting in the vicinity, the train moved on, apparently with all passengers still on board. **REUTERS**

Feet Hurt? Bunions? Hammertoes? Heel Pain?

Platelet Rich Plasma Therapy (PRP)

A new approach for treating Tendon Injuries for the Achilles, Tendonitis and Plantar Fasciitis (Heel and Arch Pain)

Take The Foot Health Checkup

- My toenails are streaked, discolored and thickened.
- The sides of my toenails dig into the skin and hurt.
- I have a large bump behind my big toe (or little toe) which is always red.
- I get an extremely painful "cramp" in the area of my third and fourth toes when wearing shoes.
- My toes aren't straight—they are all cocked-up, bent and hurt.
- I have painful calluses on the ball of my foot which keep building up.
- I have corns on my toes which get thick no matter what shoe size I wear.
- The bottom of my heel hurts all day, but it's worse when I step out of bed in the morning.
- I have cramps in my legs which always happen when I walk the same distance.
- My ankles are swollen most of the time.
- My feet are always dry and scaly—sometimes they itch.
- My feet just hurt all over when I stand or walk a lot.
- I have numbness, burning, infection, persistent pain, skin rash, or open sores.

**If any of these apply to you...
Call today.**

Patient is responsible for co-pays & deductibles

most insurance plans accepted complete family foot care laser surgery available

Relief For Chronic Heel Pain

Now Featuring **genesisplus™**

New FDA Laser Treatment For Nail Fungus, Scars & Warts

CUTERA



New Treatment For Heel Pain, Shockwave, PRP (platelet rich plasma) as seen on the front page of *The New York Times*

The Most Advanced Techniques Used For Bunions & Hammertoe Correction

Downtown location

65 Broadway Suite 1103
Financial District
NYC, NY 10006
212-486-7333

Midtown location

121 E. 60th St.
New York City, NY
212-486-7333
Paul Drucker DPM
Jordan Drucker DPM

235 East 22nd Street
(between 2nd and 3rd Ave)
1 212-486-7333
184 east 70th st
212-772-3500

NYCI NEW YORK CAREER INSTITUTE
established 1941

The College of Legal & Medical Professions

Now in our 75th year, NYCI has helped thousands of men and women launch successful careers.

Start Your New Career Here!

There's still time to enroll for our Fall Term

Same Day Enrollment & Registration
Mon-Thurs 9a-7p; Fri 9a-2p; Sat 10a-2p

- Court Reporting
- Closed Captioning
- Paralegal
- Healthcare Management

New Medical Billing and Coding Program

- Day, Evening & Saturday Classes
- Degree & Certificate Programs
- Transfer Credits Accepted
- VA Approved

For Brochure Information, visit: nyci.edu

Call 212-962-0002
www.nyci.edu

11 Park Place, NYC
Located near City Hall and convenient to reach by:
1 2 3 4 5 6 A C E J Z R

SUMMER SPECIAL

\$595*
Implant

*Must be completed at our office to qualify for promotional fees

**Complete tooth replacement
with post and crown**

\$1295*

**OFFER
EXPIRES**

Sep 12, 2015

*All work must be completed at Right Choice
Dental Implant Center to qualify for promotional fee of \$1295 for
Complete Tooth Replacement. Limit 3 implants per patient.
Full payment due upon commencement of treatment.



Right Choice Dental Implant Center

Manhattan Location

50 Broadway Suite 2001

New York, NY 10004

**2 Convenient
Locations**

*Speak with your
Smile Today!*

Long Island Location

601 Franklin Ave Suite 100

Garden City, NY 11530

FREE CONSULTATION

REPLACE MISSING TEETH PERMANENTLY

*Must bring this ad
on your first visit.*

646-791-8075

CALL

www.Rightchoicedentalimplantcenter.com

Se Habla Español

Mention you saw us in Metro Newspaper

TODAY!

Five things you need to know

Houston-area deputy shooting suspect appears in court

A 30-year-old Houston man facing a charge of capital murder in the killing of a deputy was arraigned on Monday in a case the county sheriff tied to the Black Lives Matter campaign against police violence.

Shannon Miles did not enter a plea at the court proceeding, where Harris County District Attorney Devon Anderson detailed the case against him.

Miles, who is being held without bond, is accused of fatally shooting Deputy Darren Goforth in the back on Friday evening at a

Houston-area gas station as Goforth fueled his patrol car.

Deputies found Goforth face down in a pool of blood near his patrol car, dead from multiple gunshot wounds, Anderson said in court. Fifteen 40-caliber shell casings were around him, she said.

Surveillance video showed a black male shooting Goforth, a 10-year veteran officer, in the back of the head and standing over Goforth and shooting more, Anderson said.

Deputies searched Miles' garage and found a loaded 40-caliber gun and the same brand of ammunition as the casings found at the scene, Anderson said. Forensic testing determined the gun was the one fired at the scene, she said. **REUTERS**



MILES

Hurricane Fred forms in the Atlantic

Hurricane Fred strengthened Monday in the eastern Atlantic as it approached the Cape Verde islands, while the remnants of Tropical Storm Erika brought flooding to parts of South Carolina, according to U.S. forecasters.

The center of Fred is expected to pass near or over the northwestern Cape Verde islands, an archipelago off the west coast of Africa.

Fred had maximum sustained winds of 85 mph but was expected to gradually dissipate after passing the Cape Verde islands, the National Hurricane Center said.

Fred was not expected to threaten the Caribbean or the United States. **REUTERS**

Hillary Clinton supports ban on bonuses

Hillary Clinton endorsed a proposed law that would prevent corporate firms paying bonuses to their executives for leaving to take senior government jobs.

Clinton, in an op-ed published by the Huffington Post, was critical of the "so-called revolving door" between government and Wall Street firms in particular, saying it erodes public trust "if a public servant's past and future are tied to the financial industry."

Support for the proposed Financial Services Conflict of Interest Act has become a sort of litmus test for the Democratic Party's progressive wing. **REUTERS**



Arizona mother accused of drowning twin sons in bathtub

An Arizona woman was arrested for murder on Sunday on suspicion of drowning her 2-year-old twin sons in a bathtub and attempting to do the same with another child, authorities said.

Mireya Lopez, 22, was taken into custody at a suburban residence west of Phoenix, facing two counts of first-degree murder and one count of attempted murder, police said.

"She was very open and honest with our investigators that she did it," said Sgt. Brandon Busse, an Avondale, Arizona, police spokesman. The motive, however, was not immediately clear. **REUTERS**



Dating site aims to mix work with pleasure

EHarmony plans to launch its recruitment service — Elevated Careers — in 2016, and it expects the business to contribute about 60 percent of the company's revenue within three years.

In the meantime, visitors to elevatedcareers.com can sign up either as a job-seeker or recruiter.

Work on the project has been underway for more than a year. "It's so important that Elevated Careers is developed to eHarmony standards via client feedback," a spokeswoman said. **REUTERS**



Win

\$2000

In 2 Mins

Female and Male Divisions Available

1st place: \$2000 2nd place: \$1000 3rd place: \$500



How Many Can You Eat?

Chef One Dumpling Eating Contest

Sept. 26th 2015

Time: 12 pm - 5pm
Location: Sara D. Roosevelt Park (on E. Houston St Between Chrystie St and Forsyth St)
www.dumplingfestival.com Hot line: 718-744-6999 info@chefonecorp.com

Enter before Sept. 12




White House. Obama considering array of options for closing Gitmo

The White House is considering a "wide array" of options for closing the U.S. military prison in Guantanamo Bay, Cuba, spokesman Josh Earnest said on Monday, declining to rule out executive action as an option.

Earnest said the best route for closing the prison would be winning congressional approval to do so.

The White House said last month that it would soon be sending a plan to Congress to close the prison, which President Barack Obama has made a priority.

Asked if Obama would consider taking executive action to close the prison if Congress blocks him, Earnest said, "The president and his team are always considering a wide array of options."

"But the fact is the best way for us to do this is for members of Congress of both parties to work effectively with the administra-



Detainees stand during an early morning Islamic prayer. / GETTY IMAGES

tion," Earnest said.

Closing the prison is likely to involve transferring some detainees to prisons within the United States. Republicans have barred those transfers and already have begun to push back against suggestions floated by the administration as possible host sites.

Defense Secretary Ash Carter said on Aug. 20 that a U.S. Army delegation had visited a potential

Quoted

"We are not going to allow any terrorists to be housed in Charleston."

South Carolina Gov. Nikki Haley said at a news conference.

facility in Leavenworth, Kansas, and would soon tour the U.S. Naval Consolidated Brig at Charleston, South Carolina. **REUTERS**

Apple

Severe virus infects iPhones worldwide, steals data

Computer hackers have started using a computer virus to steal your account data.

The latest hack has infected 225,000 iPhones around the world and is said to be one of the biggest iPhone account thefts ever.

According to Palo Alto Networks, the iPhone data theft has happened in 18 countries including Canada, Germany, Japan, Russia, the United Kingdom and the United States.

This major attack uses malicious software called KeyRaider — a malware used to steal sensitive account information.

Victims who have infected devices have already seen fraudulent charges made to their accounts and unauthorized downloads from the Apple App Store. **METRO**

QUALITY DENTURES

THE SAME DAY

NY's Place for same day dentures for over 35 years.

Smile with Confidence



\$100 off each NEW denture! EXP: 9/30

NEW PATIENT PACKAGE

MAINTENANCE
CLEANING
DIGITAL X-RAYS

\$89

With This ad only. One per patient. First visit only. Coupon expires 9/30/15

NEW PATIENTS Only

ONE
DENTURE
RELINE

\$194

With This ad only. One per patient. First visit only. Coupon expires 9/30/15

DENTURE REPAIRS AND RELINES WHILE-U-WAIT! FREE CONSULTATION

You Can't Afford to go Anywhere Else!

MOST INSURANCE PLANS & NY STATE MEDICAID WELCOME

SENIOR Cit. Discounts on new dentures and crowns

Full Service State-of-the Art Cosmetic Dentistry

224 West 35th St., New York, NY 16th Floor (between 7th and 8th Avenues)



Call Now!
212-689-0024

www.denturecenter.com

Cannot be combined with other offers

reach over 2.5 million people every week.

to advertise, contact (212) 457-7735 or advertising@metro.us

source: nielsen scarborough 2014-15 r2. adults 18+

metro media

media.metro.us

Work with patients & make a difference!
BECOME A
Medical Assistant
Train Now!

"I was tired of working the same dead-end job. Mildred Elley changed my life! Financially, I'm no longer struggling."
-Prakai, Medical Assistant, Class of 2014

Now accepting applications for September!
CALL (866) 688-3018
mildred-elley.edu

Join the Legal Field!
Train to be a Paralegal
Train Now!

- Growing Job Outlook! (17% faster than avg.)*
- Great Pay in NYC (\$29.50/hr on avg.)*
- Job Stability & Flexibility

* Source: US Dept. of Labor Statistics <http://www.bls.gov/oes/current/oes232011.htm> & <http://www.bls.gov/oes/legal/paralegals-and-legal-assistants.htm>

ADVANCED PARALEGAL STUDIES
Now accepting applications for September!
CALL (888) 324-3822
mildred-elley.edu

► VA & MYCAA Approved, Welcome Veterans! ► Day, Night and Weekend Classes!
Convenient Campus Location: 25 Broadway, Floor 16 | New York, NY

Mildred Elley career college • 25 Broadway, Floor 16 | New York, NY • Accredited by ACICS, Approved by ACCES-VR, Approved for VA Education Programs Such as GI Bill & MyCAA
International Students Welcome • For program details and disclosures including Albany extension site programs visit mildred-elley.edu/disclosures

2

CULTURE



Twitter feed

Today, Chris Pratt is not a pacifist, Judd Apatow has trained his iPhone well, Kathy Griffin is having a laugh, Kerry Washington is feeling fulfilled and Azealia Banks understands cats.

@prattprattpratt: A fly keeps buzzing across my face and I cannot sleep. The amount of pleasure it will give me to smash him is immeasurable. The hunt is on.

@JuddApatow: Any word with a B in it autocorrects to Beyoncé with that thing over the e. Try it!!!

@kathygriffin: I LOVE genuinely awkward moments like Kanye's presidential announcement where we really don't know yet if he's kidding.

@kerrywashington: I spent all day working with some phenomenal women that I respect & admire on a project that I hope will bring a smile to your hearts.

@AZEALIBANKS: When you can smell cat in the house it's because the cat hates it's family and the owner

Kanye West continues to do the impossible. This time, he's making me feel bad for Kim Kardashian. Gobsmeared sources claim that West has added a brand-new entry to his list of strict rules Kardashian must adhere to when it comes to her appearance and behavior. The new latest? She apparently has to make sure to "never let her gaze leave the stage" when her husband is performing, according to Radar Online, with sources claiming the rule was established after West spotted her texting during one of his gigs. "Kanye was furious and told her how disrespectful it is to him as an artist," a source says. "Kim's now terrified to turn to speak to someone when she's in the audience." Instead, she's supposed to "look mesmerized" by his "genius" for the entire set. Seems reasonable.

"It's just another new law in a long list of rules, from Kim's wardrobe, hair and body shape to who she can and can't talk to," the source explains. "How long she's going to put up with this is anyone's guess." I don't know — if he's asking Kim Kardashian to not look at her phone, I'm guessing she's not going to put up with it for very long.



Kanye West has some weird rules for Kim



WE CAN ONLY HOPE THAT THIS WASN'T DURING KANYE'S PERFORMANCE.

ALL PHOTOS GETTY IMAGES

THE WORD

Ned Ehrbar takes on the world of gossip.

NED EHRBAR
@Nedrick
ned.ehrbar@metro.us



Shia LaBeouf finds a girl on his hair level

Shia LaBeouf has apparently moved on following that awkward video-taped fight with Mia Goth, and this time, he's found someone who shares his passion for grungy, braided and matted hair. LaBeouf was spotted out and about holding hands with his "American Honey" co-star Sasha Lane, both of their braids bopping along on their probably not recently washed heads. The question stands, though: If they're busy having lunch in L.A., aren't they missing Burning Man?



USMAGAZINE.COM

Fun trainwreck Lindsay Lohan is back!

Good news, team! Good old crazy Lindsay Lohan is making a comeback. Or at least that's what it seems like with the details of a Page Six report about Lohan behaving erratically at an Italian wedding and insisting she'd been drugged. (Hey, if anyone would know what it feels like to be drugged...) While attending the nuptials of tourism ambassador Justin Etzin and model Lana Zakocela, Lohan "was painting her nails during the ceremony and looking at her phone," which seems like sober behavior



for her, honestly. And later she "was running around naked saying she was drugged" before retreating to her villa.

But don't worry, the wedding was no isolated incident. Sources also claim that Lohan turned heads at a DJing gig — she's also a DJ, apparently — by just playing the Brandy and Monica duet "The Boy Is Mine" on a loop. Then, she "got upset when she thought someone took her photo," the source adds. "She was speaking in a British accent." Because of course she was. Welcome back, darling.

Wait, Chet Haze is missing?

So, anybody seen Chet Haze? The obnoxious rapping offspring of Tom Hanks has apparently been AWOL for a month or so, at least according to Star magazine's crack team of investigators. Haze last communicated with the world via an Instagram post on July 23, saying he was "gonna go get my mind right." And after that, "a month went by without a word from Chet — not even a single phone call to his family or friends," a source tells the magazine. "It's like he's fallen off the face of the earth." Well not completely



fallen off, as apparently someone's been tracking his cellphone's GPS, which allegedly reveals

he's in the meth-filled desert town of Barstow, California. This certainly won't end poorly.

Daily video

Donald Trump says 'China'

Donald Trump is obviously a frightening joke that isn't going away, but at least we can have some fun with him before things get really awful. Case in point: this video from the Huffington Post that's a mashup of Trump saying, well, "China." The country is one of his favorite talking points, so there's lots of material. The jury is still



HUFFPOST MOVIE MASHUPS, YOUTUBE

out, though, on whether this is kind of weirdly Zen or if it will make your brain melt and dribble out your ears. Let's find out! Can you go the whole three minutes?



"Drunk History" returns tonight at 10:30 on Comedy Central. / COMEDY CENTRAL

Brush up on your (drunk) history

Interview.
"Drunk History" mastermind Derek Waters shares a few tricks of the trade.

We've all been at a party where someone who's had a bit too much to drink tells an endless story. It can get tedious. But what if you saved the audio and had celebrities act out what they were saying? Oh, and the stories are about famous figures in history, so you get Abraham Lincoln rambling along in the voice of a drunk person. The result is pretty funny, which is why "Drunk History" graduated from being a very popular YouTube series to a Comedy Central

show. The fourth season premieres today, and we talked to creator Derek Waters about what it's like to work on the show.

Which celebrities do you have guest starring this season?

It's the best cast. The ones that come out easily to say are Octavia Spencer, Will Ferrell, Sam Rockwell, Dennis Quaid, Parker Posey, [who's] one of my all-time favorites, Jason Alexander. Lots of new faces — acting and new narrators.

How do you know when narrators are at the right level of drunk to tell the story?

As soon as someone tells you a story, or even

says one thing, like, "Did I tell you he had a mustache?" and they've told you that about eight times — you know, OK, this is a certain level of drunk where they don't need to drink anymore — let's start talking. As soon as the repeating starts, that's usually a good place.

Why history, instead of having the narrators tell other kinds of stories?

The idea started with a friend, the actor Jake Johnson ["New Girl"], telling me a story about Otis Redding that I wanted to reenact, but I still don't think the story he told me was true. I think everyone gets drunk and talks about music, so I wanted to find something that people don't get drunk and talk about, and something that, when someone messes up, you could kind of know where the mistakes were. And I thought history was the only thing we have "proof" for because of history books.

Do people puke often while you're filming with them?

Thank God, not as much. Because I'm not a fan of puking. Contrary to popular belief, I am not a fan of vomiting. But I am a fan of the comedy of someone puking while they're telling the story, and then after they vomit, they still want to tell you the story. That I'll always find funny.



GETTY IMAGES

Expert advice

What's the best storytelling drink?

In my opinion, it's whiskey because it's smooth, and it also makes you feel smart.

It's good to feel smart while you're talking about history.

It gives you a sense of confidence and strength. That would be my guess. Wine makes you fall asleep and talk forever — you fall asleep talking. And tequila makes you crazy. No question about that.



TRANSFORMING RESPIRATORY CARE BREATHE EASIER, NEW YORK

National Jewish Health, the nation's leading respiratory hospital, and the Icahn School of Medicine at Mount Sinai, a top-ranked academic medical center, have come together to form the Mount Sinai – National Jewish Health Respiratory Institute. Discover a superior level of personalized care at the top center in New York focusing solely on respiratory care.

MOUNT SINAI - NATIONAL JEWISH HEALTH

Respiratory Institute



Icahn School
of Medicine at
Mount
Sinai



National Jewish
Health®

► Make an appointment.

Visit therespiratoryinstitute.org or call 800-563-3498.



LISA WEIDENFELD
@LisaWeidenfeld
lisa.weidenfeld@metro.us

Sir Ben Kingsley on becoming Sikh

Interview. The legendary actor learned to absorb another culture for the dramedy "Learning to Drive."

Some commentators have wondered why Sir Ben Kingsley was cast as a Sikh professor-turned-American cabbie in "Learning to Drive," apparently unaware of his deep Indian heritage. His father, though born in Kenya, was of Gujarati Indian descent, though that doesn't mean he knew too much about the culture he was entering. Though Kingsley's Darwan spends much of the film teaching Wendy (Patricia Clarkson), a New Yorker mid-divorce, to drive, he also spends much of it in Queens amongst an enclave of Sikhs. It was a world the Oscar winner was eager to absorb.



Sir Ben Kingsley plays a Sikh cab driver in New York who befriends a literary critic (Patricia Clarkson) in "Learning to Drive," in theaters now. / BROAD GREEN PICTURES

How much experience did you have with the Sikh culture before getting the role?

Hardly at all. But to inhabit a Sikh as an actor is a profoundly fascinating and rewarding way of examining their culture, because you put their skin on as well as

their turbans. You absorb their attitudes. I spent a lot of time with [Sikh advisor] Harpreet Singh Toor, who helped me with my turban every morning. I very gently, ever so gently, chatted away with him — nothing invasive, nothing assertive, and just by osmosis took

in his attitude to life. Of course, he's exiled from India. They're all exiled. And that's tough. But they've managed to make a wonderful life here.

The film has a deep respect for the community, and it avoids condescension as well.

We had a lot of support from the Sikh community in Queens. There is a wonderful temple there that they let us shoot in. I thought that was a wonderful gesture on the part of the Sikh community, as, tragically, the temple was invaded and people did die, in quite recent history, after being mistaken for terrorists. [The temple] serves as an island of calm and order and respect and love and devotion in the sea of the big city. Isabel [Coixet, the director] wants to show a side of New York that is kind and gentle and also very abrasive and frightening.

One more thing

On Patricia Clarkson

It seems that when two actors are sharing a movie together, they have to find some kind of method for working. How did you and Clarkson work things out?

Patricia and I found that we could best serve Isabel and the script by staying in our own bubbles. I stayed in Darwan Singh's bubble; she stayed in Wendy's bubble. There was hardly any conversation between takes, hardly any conversation socially. I think I might have had

dinner with Patricia, with the director, once. It was a tremendous exercise in not blurring the edges. They come from different worlds and they have different rhythms. To make that work, the rhythms have to be separate. It sounds paradoxical, but it's true, and it really pays off. The latter scenes pay off because we did remain in our bubbles then were so close to each other in that tiny car. It was very intimate and we used that to our best advantage by remaining Wendy and Darwan, rather than blurring those boundaries.

What were your experiences like walking among them, especially in costume?

Often I was walking with the Sikh advisor or with my assistants in the Sikh community in Richmond Hill. I had to apologize to people because I didn't speak Punjabi. [Laughs] It was very empowering and affirming to have wonderful people come up and start chatting with me. It really made me feel that I got something right, that there was something pretty solid behind my disguise.



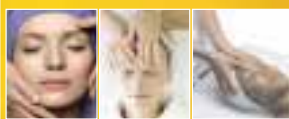
MATT PRIGGE
@mattprigge
matt.prigge@metro.us



SIR BEN KINGSLEY
GETTY IMAGES

ESSENTIAL
Day Spa & Cosmetics Inc.
www.essential-skin.com

Specializing in
Problem Skin
Licensed
Professionals
First Time Clients Only



Free consultations

Treat yourself to the gift of beautiful skin; We offer results, not promises!

"Body Massage + Facial \$99 • Eyebrow / Eyeliner Tinting \$25 • Ear Candeling \$50"

Diamond Microdermabrasion Only \$50
for acne scars, sun damage skin, fine lines, wrinkles, discoloration, blackheads.

Botinal Wrinkle Treatment Reg \$160 \$125
formulated with "Botox" - Like effect without injection. Effectively reduces the appearance of wrinkles and crow's feet after only one treatment.

Acne Treatment w/Glycolic Acid Peel Only \$45
For oily and blemish skin with excessive blackheads/whiteheads, acne scars and discoloration.

Back/Chest Deep Pore Cleansing \$75/\$35

Deep Cleansing Facial Reg \$75 \$40
Deep cleans and refreshes all skin types.

Brightening Peel Reg \$125 \$75
An antioxidant peel that helps to brighten and lighten discolored skin with highly concentrated L-Vitamin C and L-Retinol. All skin types.

Body Slimming Wrap or Salt Glow Special \$50
Sea salt scrub to exfoliate and polish or herbal slimming wrap to move toxins and promote inch loss.

Back/Chest Glycolic Peel Only \$55/\$30

247 E. 50th St. 2 FI NYC • Trains: E M to Lexington Ave., 51st-53rd Street

467 and S to 42nd Street-Grand Central Terminal • Tel: 212-588-8866/212-253-9693

REGAIN YOUR CONFIDENCE AT LEXINGTON PLASTIC SURGEONS

YOUTHFUL Look LASTING Results



- Upper/Lower Eyelid Surgery
- Facelift
- Necklift
- Browlift
- Rhinoplasty
- Hair Transplant
- Hairline Lowering
- Eyebrow Transplant
- Facial Hair Transplant
- Follicular Unit Extractions

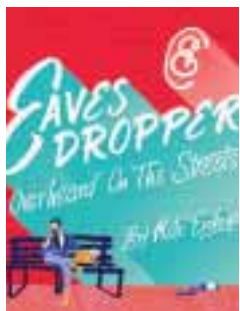
Visit Dr. Kevin Ende, MD



WWW.LEXINGTONPLASTICSURGEONS.COM | (855) 658-4026

OVER 3,000
facelifts performed

3 Books that totally get NYC living



Books. These new releases are basically your life, in book form.

New York City is a magical place. It must be for the things we put up with to live here. Where else is asking a broker if a listed apartment has a kitchen a real question? Where else do people compete for fifth-floor walk-ups — and still turn to Craigslist to enlist some stranger to move in and pay half the rent?

Celebrating — or lamenting — New York City life are three books, all released this summer.

1 “Eavesdropper: Overheard on the Streets” by Mete Erdogan
This colorfully illustrated hardback makes for a



great coffee-table book or hostess gift. It's a collection of 100 outrageous comments author Mete Erdogan overheard in NYC. What makes it really cool is that Erdogan includes the exact place he heard said comments: Waffles & Dinges, Mission Cantina and the corner at Metropolitan and Bedford all pop up in the book.

2 “Infinite Home” by Kathleen Alcott
Most New Yorkers never take the time to get to know their neighbors, but the Brooklyn brownstone residents in this novel are different. All eccentric misfits, the collection of tenants has come to form a makeshift family, with Edith, the widowed landlady at the center of it all. But when Edith's mind starts to go, an unfortunate side effect of her old age, her son ar-



rives, threatening to evict the residents.

3 “New York in a Dozen Dishes” by Robert Sietsema
Robert Sietsema was a restaurant critic at the Village Voice for over 20 years, so he knows where to eat in this city. Discover the best the city has to offer through his collection of food essays about everything from how he discovered Katz's Delicatessen in the 1970s (let's just say the Lower East Side has changed a lot since then) to his quest to find the perfect plate of egg foo young. If you enjoy eating your way through NYC, this book is for you. Plus, you'll wind up with a list of restaurants you'll want to experience yourself.



EMILY LAURENCE
@EmLaurence
emily.laurence@metro.us

50% OFF LABOR DAY SPECIALS

LASER HAIR REMOVAL

We have candela • All skin types • Tanned skin

Full legs or Brazilian	\$75
Back or Arms	\$75
Full body	\$299
Chest or Buttocks	\$75
Underarms or lip	\$37.50
Face	\$75

FREE CONSULTATION

GET SKINNY in 2 weeks

Painless & Permanent

Fat Blaster	\$50
Cellulite reduction	\$50
Zerona lose inches	\$50
Vibra exercise	\$15

HAIR THERAPY

For Thinning Hair & Hair Loss
8 treatments for \$99

- Painless • Strengthens hair follicles
- Assist in hair growth

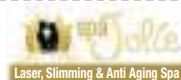


SPA SPECIALS

Deep pore facial	\$32.50
Microdermabrasion	\$37.50
Lymphatic massage	\$37.50
Slim body wrap	\$32.50
Teeth whitening	\$25
Spa manicure & pedicure	\$21.00

ANTI-AGING

Clear & Brilliant	\$125
Stretch Mark Reduction	\$75
Fine Line Reduction	\$75
Laser Genesis Firming	\$50
Oxygeneo - Revitalize & Renew	\$50
Brown Spot Reduction	\$37.50-\$125
Hand Genesis firming treatment	\$50
Eye Discoloration Reduction	\$25
Eye Bag Reduction	\$399



180 7th Ave South Btwn W.11th st & Perry St
212 229 1389
Open 7 Days • Expired 9/13/15

DOWNTOWN
111 JOHN ST. SUITE 1450
NEW YORK 10038

**DOWNTOWN
PODIATRY
SERVICES**

MIDTOWN
315 MADISON AVE SUITE 513
NEW YORK 10017

NEW LOCATION
159-05 92nd St
Howard Beach, NY
718-845-0741



BEFORE

AFTER

**THE FUTURE OF
FOOT SURGERY
HAS ARRIVED!**

- Specializing in Surgery and Aesthetics of the Foot
- Minimally Invasive - State of the Art Technology
- Bunion & Hammertoe Surgery

FREE
consultation
with ad

CONTACT US!

1-877-BUNION-1 or DowntownPodiatry.com

Back to School (FOR THE KIDS) Back to the SPA (FOR YOU!)

MED SPA 44

Treat Yourself Right

Laser Hair Removal • SmartLipo
Fraxel • Ultherapy • CoolSculpting
Cellulaze • Precision TX - Neck Lift
Botox, Juvederm, Voluma

15% OFF
Expires 9.30.15

FREE CONSULTATION

144 E 44th ST, 2nd Floor
New York, NY 10017
212.308.4990
www.MedSpa44.com

MANHATTAN CENTER FOR

Vaginal Surgery

Vaginoplasty Labiaplasty Vaginal Rejuvenation

*Repair
Rejuvenate
Rejoice*

Be the Woman you want to be!

Free Private Consultation
Dr. Ronald D. Blatt M.D. F.A.C.O.G.

144 E 44th st, 2nd Floor NY, NY 10017 212.308.4066
www.ManhattanCenterforVaginalSurgery.com

metro.us/horoscopes



Aries Work alone and avoid confrontations. The busier you are, the less time you will have to work yourself into a state of duress.



Taurus Financial gains will be made if you do your homework. Consider the fallout that will ensue if you get involved in a dubious situation.



Gemini Make a difference. Get involved with an organization or political group, and set the stage to make beneficial reforms.



Cancer Think before you speak. Emotional confrontations are inevitable if you are critical. Don't expect everyone to agree with you.



Leo Consider starting a small business or partnership with someone you feel akin to. Present and promote what you have to offer.



Virgo Improvements to your living quarters will increase their appeal and value. You will find an unusual way to drum up the funds you need.



Libra The more help you offer, the more you will receive. Join forces with others to help a cause and together you will make a difference.



Scorpio Ask for a raise, or consider starting your own business. Highlight your unique qualities to those in a position to help you out.



Sagittarius Attempting to live up to another person's expectations is a waste of time. Take the path best suited to bring you self-satisfaction.



Capricorn Check out property investments to get an idea of the options available to you as well as the corners you must cut to take on expenses.



Aquarius Someone you have not heard from lately will surface. Once you finish your responsibilities, treat yourself to a day trip.



Pisces Things will run smoothly if you go with the flow. Complete your tasks without complaint and offer to help someone unfortunate. **EUGENIA LAST**

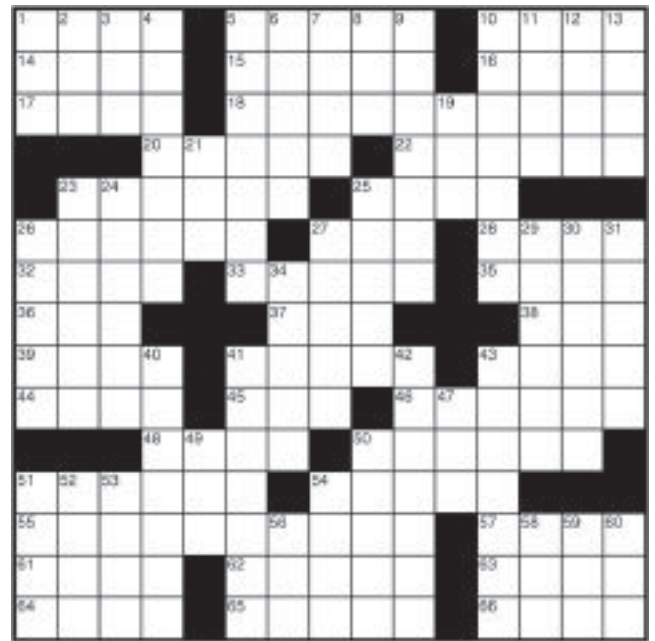
Across

- 1 From a distance
5 Copy
10 11th-grade exam
14 Car with a bar
15 Fridge maker
16 Lo-cal
17 Toll-booth site
18 Like eggs or bosses, maybe (hyph.)
20 Custom
22 Takes the dais
23 Jiffy
25 Hall-of-Famer Ty —
26 Kind of bicycle
27 John — Passos
28 Noted limerick writer
32 Costa —
33 Battery's "+" end
35 Pale brown
36 Crimson Tide st.
37 Cheviot mama
38 Sci. room
39 Muddle or plight
41 Hawks
43 Pig movie
44 Kind of school
45 Website clutter
46 Grave risks
48 Tube trophy
50 Lampoon
51 El —
54 Warning device
55 Not your usual pooches (2 wds.)
57 Did batik

- 61 Single time
62 Look happy
63 Centurion's moon
64 Look intently
65 Dinner guest
66 Barely scraped by

Down

- 1 Malt brew
2 Rig the fight
3 Left Bank friend
4 Domed building
5 — Gandhi
6 Mind's-eye view
7 Oats enthusiast
8 Gary's st.
9 Train follower
10 Springy
11 Fine sediment
12 To — (exactly)
13 Nugent and Turner
19 Eye or planet
21 "A Boy Named —"
23 Padded envelope
24 Perchance (2 wds.)
25 Like DNA
26 Knight of the road
27 Swallows
29 Cream puff
30 Rich, as farmland



31 Goldberg et al.

34 Flat broke

40 Stereo component

41 Split

42 Thinner

43 Kind of cat

47 Hot time in Quebec

49 Dashboard info

50 Move crabwise

51 Cut short

52 Improve an edge

53 Livy's "Lo!"

54 Nasty mood

56 Ms. Thurman

58 — it up (have some laughs)

59 Helmsman's dir.

60 Informal parent

For crossword answers, go to metro.us/crossword-answersmetro.us
/games

metro.us/sudoku

easy

	6		8	9			3	
		8					4	1
					1	9		
5	2	6	4			8	9	
				5				
	7	9			3	5	1	4
		3	7					
1	5					4		
	9			6	5		2	

hard

	1	5	7				4	
4			8					
8	6					2		
		4	6	3	8	9		2
2		6	9	1	4	5		
		9					2	6
					7			5
	4				9	7	1	

metro.us/truthfacts

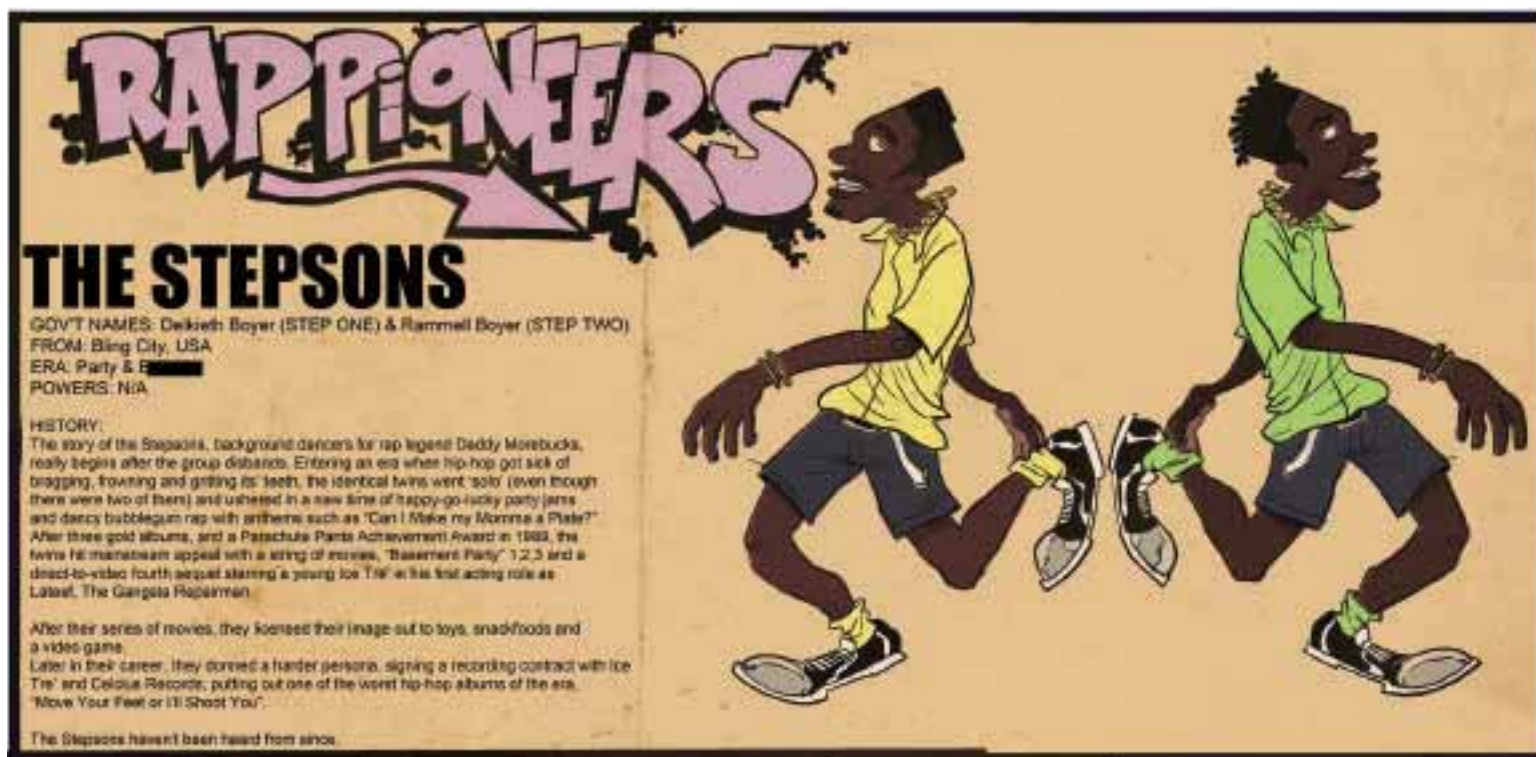


BY WULF & MORGENTHAUER



As the world's largest global newspaper, Metro has more than 18 million readers in more than 100 major cities in 23 countries. • Metro Philadelphia 30 S. 15th St., Philadelphia, PA 19102 • main 215-717-2600 • to advertise 215-717-2695 • Associate Publisher Jennifer Clark • U.S. Circulation Director Joseph Lauletta • U.S. Marketing Director Wilf Maunoir • email sales adsphilly@metro.us • email distribution distribution@metro.us • Advertisements appearing in Metro are published in good faith. Metro does not endorse and makes no representations about any of the advertising content appearing in its pages. Metro is not responsible for any loss or damages whatsoever resulting from readers using the services of its advertisers. Readers should exercise caution when replying to advertisements, especially those which require any form of payment, and, where necessary, should seek independent legal advice. • Managing Editor William Gorta, william.gorta@metro.us • National News Editor Morgan Rousseau, morgan.rousseau@metro.us • Web Editor Andrea Park, andrea.park@metro.us • Art Director Julianne Aerts, julianne.aerts@metro.us • Sports Editor Evan Macy, evan.macy@metro.us • Deputy Features Editor, Home/Style/Food Editor Tina Chadha, tina.chadha@metro.us • Entertainment/Going Out/Travel Editor Rachel Vigoda, rachel.vigoda@metro.us • Film/Tech Editor Matt Prigge, matt.prigge@metro.us • Wellbeing/Going Out Editor Eva Kis, eva.kis@metro.us • Careers/Education Editor Raquel Laneri, raquel.laneri@metro.us • Social Media Manager Lakshmi Gandhi, lakshmi.gandhi@metro.us



metro.us/hip-hop-cop


RAP PIONEERS

THE STEPSONS

GOV'T NAMES: Delketh Boyer (STEP ONE) & Rammell Boyer (STEP TWO)
 FROM: Bling City, USA
 ERA: Party & B...
 POWERS: N/A

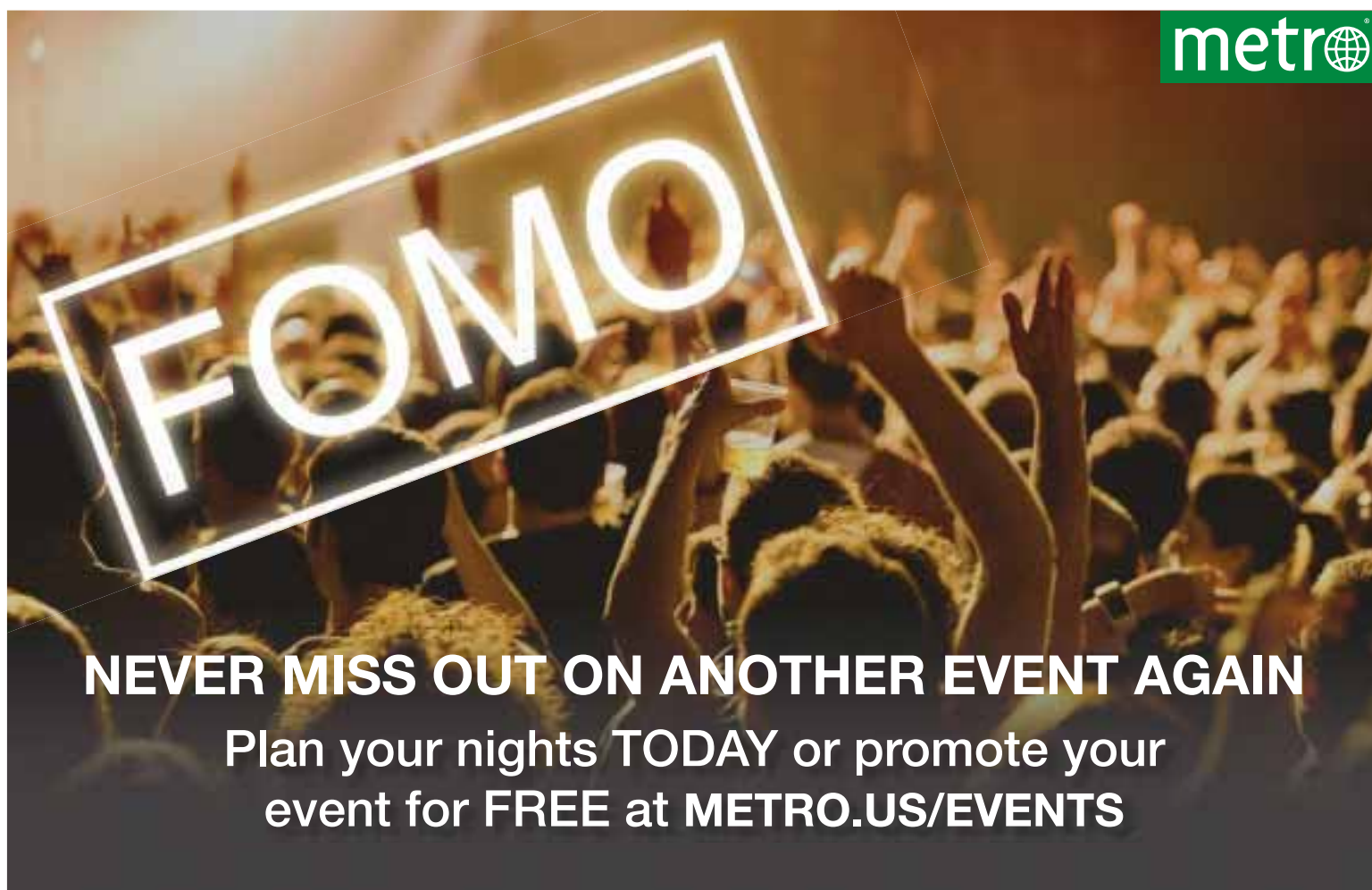
HISTORY:
 The story of the Stepsons, background dancers for rap legend Daddy Morebucks, really begins after the group disbanded. Entering an era when hip-hop got sick of bragging, frowning and grilling its teeth, the identical twins went 'solo' (even though there were two of them) and ushered in a new time of happy-go-lucky party jams and dancy bubblegum rap with anthems such as 'Can I Make my Momma a Plate?' After three gold albums, and a Patachula Pants Achievement Award in 1993, the twins hit mainstream appeal with a string of movies, 'Basement Party' 1, 2, 3 and a direct-to-video fourth sequel starring a young Ice T, in his first acting role as Lonest. The Gangsta Repaman.

After their series of movies, they licensed their image out to toys, snackfoods and a video game.

Later in their career, they formed a harder persona, signing a recording contract with Ice Tre' and Celcius Records, putting out one of the worst hip-hop albums of the era, 'Move Your Feet or I'll Shoot You'.

The Stepsons haven't been heard from since.

2015 Jamar Nicholas | @detectiveboogaloo | @jamarnicholas



FOMO

NEVER MISS OUT ON ANOTHER EVENT AGAIN

Plan your nights TODAY or promote your event for FREE at METRO.US/EVENTS

Celebrity chef Casey Thompson lent a hand to the world No. 1 tennis champ during the cooking demo. JACOB'S CREEK

What's on Novak Djokovic's plate?

The tennis star shares what does (and doesn't) get served to him, plus a personal recipe.



EVA KIS
@thisiskis
eva.kis@metro.us

Does Novak Djokovic drink wine?

That seems like the sort of question that would be answered during a wine-tasting event at which he's the guest of honor. But Djokovic, who is in New York City for the next two

weeks to defend his world No. 1 tennis title at the U.S. Open, abstained from the new Jacob's Creek Two Lands varietals at a recent event — even while cooking a personal recipe of pasta and shrimp.

Obviously, he's made of tougher stuff than the rest of us.

So what does go into that finely honed machine to make it run? Not gluten and dairy.

Growing up in Serbia, Djokovic worked as a waiter and dishwasher in his family's Italian-influenced restaurant — he describes the menu as “a lot of pizzas.” His homeland is also famous for its pancakes, which he says

meant “wheat was a part of my everyday life — we have bakeries around every corner.”

Being surrounded by gluten took its toll, and he gave it up along with dairy five years ago. “I have a strong kind of sensitivity to gluten because of overconsumption of it,” he says.

That eased once he stopped constantly eating it, and Djokovic can now indulge in the necessary evil/blessing of carbo-loading on pasta and rice before tournaments. (Dairy, however, is still off the menu.)

He also sticks to proteins that are on the lighter side. “I try to have as

little animal food as possible,” he says, preferring to get his fuel from plant-based sources like mushrooms, whey, tofu and chickpeas. When he does eat meat, it's chicken, fish and turkey.

And don't make the food spicy, otherwise “you would see me more off the court than on the court.”

Though Djokovic leaves meal prep to the professionals these days, he cooks with the same laid-back, playful attitude — talking to the ingredients and, fun fact, getting squeamish about head-on shrimp — as he plays. That's an example anyone can use to live healthier.

wellbeing

MAKE HEALTHY YOUR NEW HAPPY

Recipe

Quinoa & Pomegranate Salad

Ingredients

For the salad:

- 1 cup quinoa
- 2 cups boiling water
- ¾ cup hazelnuts
- 1 small cucumber
- 1 pomegranate
- Small handful of fresh coriander

For the dressing:

- 1 lime
- 3 tbsp. olive oil
- 2 tsp. sesame oil
- Salt

Optional ingredients for those not sticking to a professional

tennis player's diet:

- 1 tbsp. tahini
- Pepper

Directions:

1 Rinse quinoa well under running water. Place in a pan with the boiling water and a little salt. Bring to a boil, then place the lid on the pan and let it simmer for 10 to 15 minutes until all the water has been evaporated and the quinoa is fluffy.

2 While the quinoa cooks, place the hazelnuts on a baking tray

and roast them for 10 minutes in a 350-degree oven.

3 Slice the cucumber lengthwise into quarters, then eighths. Remove the seeds, then continue slicing into thin pieces.

4 Remove the seeds from the pomegranate. Squeeze all the juice into a separate bowl to be added to the dressing.

5 Finely chop the coriander. Mix the dressing together in a small bowl. Once the quinoa has cooked and cooled, place it in a bowl



PROVIDED

with the hazelnuts, pomegranate, coriander and cucumber, pour on the dressing and mix, adding salt and pepper to taste.

LOW COST PSYCHOTHERAPY

Are you experiencing long-standing relationship difficulties? Anxiety? Depression?

Do you feel blocked in achieving success in your career?

Mount Sinai Beth Israel is offering psychotherapy for people with relationship and occupational difficulties. Treatment hours by appointment. Sliding scale fee.

For more information, call the Psychotherapy Evaluation Unit: 212-844-1428

Turn your **SNAP BENEFITS** INTO FRESH, AFFORDABLE FOOD at your **NEIGHBORHOOD GREENMARKET**



EBT cards accepted at more than 50 Greenmarket locations throughout the five boroughs.



FOR MORE INFORMATION VISIT www.GrowNYC.org

Sleepy kids eat more for pleasure



A sleepy child is more likely to crave comfort foods. **ISTOCK**

Young children who sleep less than 11 hours a night are being set up for obesity.

Children who don't get enough sleep might be more tempted by food, a new study suggests.

Five-year-olds who slept less than 11 hours a night were more eager to eat at the sight or reminder of a favorite snack, compared to those who slept longer, researchers reported in the *International Journal of Obesity*.

The children who slept less than 11 hours at night also had a higher body mass index than those who slept 11 hours or more. The Centers for Disease Control and Prevention recommends between 11 and 12 hours of sleep for children younger than 6 years old.

"There is now accumulating evidence in both children and adults to suggest that short or insufficient sleep increases reward-driven eating," says Laura McDonald, the study's lead author and a researcher at University College London.

"This is, of course, a concern," she adds, "given that we live in a modern 'obesogenic' environment" where tasty, high-calorie foods "are widely available and cheap to consume."

Previous studies

have shown that too little sleep significantly increases the chances that a child will be overweight or obese. But less was known about how sleep affects daily calorie intake.

"Some studies using brain imaging in adults have shown that sleep restriction increases responsiveness in reward centers of the brain in response to images of palatable food ... however, no studies in children have examined whether sleep changes food responsiveness," notes McDonald.

The new study involved over 1,000 5-year-olds born in 2007 in England and Wales. The researchers had mothers answer a questionnaire about their youngsters' responsiveness to food and their behavior toward food when they were presumably full, soon after eating.

The average sleep duration for the children in the study was 11.48 hours.

Among kids who slept less than 11 hours a night, food responsiveness was 2.53 on a scale of 1 to 5, compared to 2.36 for those who slept 11 to 12 hours, and 2.35 for those who got at least 12 hours of sleep a night.

"In children who do not get enough sleep at night, limiting exposure to palatable food cues in the home might be helpful at preventing overconsumption," McDonald says. **REUTERS**



New Yorkers know quality. That's why more than one million New Yorkers choose Healthfirst for top-rated health plans in NYC and Long Island. Our plans offer the coverage and benefits you deserve, whatever your age or income. Let us help you find a plan that's right for you.

Call 1-844-HF-FOR-NY

www.HF4NY.org



healthfirst
Health Insurance for New Yorkers

Cause or effect?

While the study doesn't prove that less sleep causes more eating, McDonald suggests that the relationship between the two may be even more complicated.

"It is definitely a possibility that food responsiveness might impact sleep behavior," she says. "For example, it could be that children who are more food responsive are also more difficult to settle at night."

Plans are offered by affiliates of Healthfirst, Inc.
©2015 HF Management Services, LLC.

NYCOR001782

INA15_77(b)

Zen in the City

GABRIELLE
BERNSTEIN

WWW.GABBYB.TV

Gabrielle Bernstein is the author of "Spirit Junkie." Her new book, "Miracles Now," is in stores now.



Take your happiness with you into fall

Labor Day weekend can be bittersweet. It means summer is (unofficially) over, and it's time to get serious about work, schedules and the business of day-to-day life. This abrupt shift into the new season can be jarring to our nervous system and emotionally overwhelming — but that doesn't mean you have to trade a mellow attitude for stress and tension.

If you want to ease into things with a high-vibe attitude, you have to be mindful of the transition. Happiness is seasonless, so follow these five easy steps and carry your summer Zen into fall.

1 Ease into autumn. After summer's slowdown, you might be tempted to set your alarm extra early and go all-out. Resist the urge! Ease back into your fast-paced lifestyle. When you jump back in too fast, you shock your nervous system. Try not to overcommit in September, and get a lot of rest so that you can slowly transition back to a busy schedule.

2 Recommit to health. At the beginning of the



Hold onto that carefree feeling. iStock

summer, we often set powerful intentions to get healthy. We do fitness challenges, clean up our diets and try new healthy ventures. If you developed a wellness practice this summer — a new way of eating, workout routine or starting meditation — commit to another 90 days of it beginning the day after Labor Day. Recommitting to your practice will help keep the good energy flowing.

3 Start your day with high vibes. The back-to-business attitude of fall can

make us feel bogged down as soon as the alarm buzzes. Instead, start your day with a mantra, a daily affirmation, a meditation or a practice. Do something mindful in the morning to set yourself up to win, even if it's simply lying in bed for a few minutes longer to start your day with grace.

4 Take advantage of the weather! Right after Labor Day, we pack away our bathing suits and bust out the scarves. Instead, let summer

linger longer and savor the in-between time — when the mornings are a bit crisper, the afternoons mellow into languid warmth, and nights are cool enough to be comfortable — before fall really settles in. Take mini-vacations on the weekends and head to the beach when no one is there. Or road trip out to the country for a day to see the foliage while it's still warm out.

5 Bust the anxiety pattern with a breath break. The main reason people feel anxious

Seasons of serenity

If you want to wrap up your summer with a jolt of inspiration, join me on Sept. 6 at the Surf Lodge for my talk and Kundalini yoga class, "How to Bring Serenity Into the Fall." Find all the details at Gabbyb.tv/montauk.

after Labor Day is because they dive into old patterns and forget to breathe. We move so fast into the energy and speed of the back-to-school/work/holiday season that we forget to take mindful moments.

One of the simplest ways out of that anxious state is to reconnect to your breath. Simply inhale for five seconds, hold your breath for five seconds, then exhale for five seconds. Do this whenever you notice anxiety setting in. In any given moment, you can breathe your way back to peace.



Viola spent her life caring for the elderly, so she knows what quality care looks like. **At ArchCare, she's now experiencing it for herself.**

Together, we can help you or someone you care about experience exceptional care, too.

Have questions about care for you or a loved one? Call and speak with a Care Navigator at (855) 951-CARE (TTY/TDD: 711). We're here to help from 8:00 a.m. to 8:00 p.m., seven days a week.

ArchCare Senior Life participants may be liable for the cost of unauthorized or out-of-PACE program agreement services.

ArchCare Senior Life's Program of All-inclusive Care for the Elderly (PACE) delivers everything seniors need to stay healthy and safe in the place they call home. Like top-flight medical care, physical and occupational therapies, assistance at home, even meals and help getting to the doctor. Our PACE day centers offer a relaxing place to socialize, enjoy a wealth of activities, and make new friends. We even have programs to ease the stress of family caregivers. Why? Because when it comes to caring, none of us is as strong as all of us together.

archcare.org

See Viola's story at archcare.org/viola



archcare
Together, We Can

Yankees' Beltran completes amazing month of August

MLB. The Yankees and their offense are keeping pace in the AL East race.

The Yankees' offense continues to be among the best in baseball this season, and that's thanks in part to the improved play of 17-year MLB veteran Carlos Beltran.

Beltran, coming off a disastrous and injury-plagued 2014 season that saw him post career lows in batting average (.233) and OPS (.703), started this season slowly as well. In April Beltran batted just .162, leading many to conclude that the Cardinals were right to cut bait with the aging slugger after a great 2013 season with St. Louis.

Beltran didn't even hit his first home run of the 2015 season until May 10, but that was the turning point for the Yankees outfielder. May and June saw Beltran raise his average to .260 and smack six additional home runs. But Beltran came across a bump in the road when he was forced to make a trip to the disabled list with a bruised rib cage on July 1. He missed 12 games in July



Carlos Beltran has become a potent bat in the middle of New York's lineup. / GETTY IMAGES

and struggled to hit when he came back.

Then August saw Beltran heat up in earnest. In fact, of the 25 games Beltran has played in August, he failed to record a hit only three times. His batting average for the month is .338 and his OPS is an incredible 1.060. He hit five more long balls in August to boost his season total to 13, including a very important three-run blast on Aug. 14 that gave the Yankees a late lead and eventual win over the Blue

Jays, with whom the Bombers are fighting tooth-and-nail for the AL East title. Beltran also contributed a key home run that tied the game 7-7 in the sixth inning against the Twins on Aug. 17, a game that the Yankees would go on to win 8-7 in 10 frames.

Beltran also took part in the Yankees' clobbering of the Atlanta Braves this past weekend, notching six hits in the three-game set that the Yankees swept by a combined score of 38-11.

Beltran's contributions

will become all the more meaningful if the Yankees make the postseason for the first time since 2012. Beltran may be remem-

bered in New York for looking at strike three for the final out in the deciding game of the 2006 NLCS for the Mets, but his body of work in the playoffs over his career is strong. In 51 total playoff games Beltran's batting average is a robust .333 with 16 home runs and 40 RBI. Because of these gaudy numbers, pitchers have handled Beltran conservatively in the postseason, as evidenced by his 35 career playoff walks. Beltran received the free pass 10 times in 2013 alone (17 games).

Beltran may not have the star power that A-Rod or Mark Teixeira have any more, but he is quietly making a significant contribution to the Yankees this season. And every little bit helps.

ROBERT CRISCOLA
@MetroNewYork
sports@metro.us

3

SPORTS



Visit **Metro.us** for Jets and Giants training camp coverage.

US Open

Confident Federer eyes 18th major title

Roger Federer is a 34-year-old father of not one but two sets of twins, and hasn't been to the finals of the U.S. Open since 2009.

The Swiss maestro captured the last of his 17 Grand Slam singles titles back at Wimbledon in 2012. Yet when Federer takes the court on Tuesday in Flushing Meadows for his first-round match against Leonardo Mayer, the No. 2 seed should be brimming with confidence about the chances of capturing his 18th major title during this fortnight.

Federer, who won five straight titles in Queens in 2004-08, is coming off



ROGER FEDERER
GETTY IMAGES

winning on hard courts at the Western & Southern Open in Cincinnati, where he served brilliantly and attacked the net fearlessly en route to beating Andy Murray and Novak Djokovic in back-to-back matches in the semifinals and final. Overall he is 21-2 (.913) with three titles on hard courts in 2015.

"He played a fantastic week there [in Cincinnati]," Djokovic, the No. 1 seed at the Open, said. "I still see him as one of the best players in the world, undoubtedly. He's

proven that; he's No. 2 in the world. He's played the Wimbledon final."

Marin Cilic, who crushed Federer in straight sets in the semifinals last year en route to the U.S. championship, agrees.

"Roger is always going to be a contender here and at any Grand Slam," Cilic said.

John McEnroe, a four-time U.S. Open champ, wondered Monday on ESPN whether Federer could still bring it for seven matches in a Grand Slam.

"The 34-year-old Federer, he's playing incredible tennis," McEnroe said. "You can see, best-of-3 [sets], he can still beat anybody. The question is seven matches, best-of-5."

ADAM ZAGORIA

STRAIGHT Talk



Erectile Dysfunction (E.D.) When the "Magic Pill" isn't so magic

Erectile dysfunction (E.D.) affects more than 30 million men in the U.S. It is especially common in men with **prostate surgery, diabetes, high cholesterol, high blood pressure and obesity**. However, it is now possible to treat almost all men with E.D! E.D. undermines a man's sexual confidence—but successful treatment can restore it!

Many E.D. treatments are covered by most insurance and prescription plans.

Attend a **FREE** seminar to educate men and their partners about approved E.D. treatment options. Partners are encouraged to attend.

Featuring:

Dr. J. Francois Eid

A board certified urologist who specializes in the treatment of E.D.

Also featuring:

A patient who found a long-term solution to his E.D.

Wednesday, September 9, 2015

Refreshments available at 6 p.m.
Presentation begins at 6:15 p.m.

The New York Marriott East Side

Morgan B Room
525 Lexington Ave. at 49th St.
New York, NY 10017

To reserve your space or for more information about this FREE seminar, please call: (866) 233-9368.

An educational series, sponsored by Coloplast Corp., designed to inform and empower. www.ColoplastMensHealth.com



MEDICAL RESEARCH

To advertise, call Peter Blankenstein at 212-457-7751 or email peter.blankenstein@metro.us



New York State
Psychiatric Institute

Does your child seem hyperactive? Or have a hard time focusing?

If so, your child may be eligible to participate in a research study aimed at learning more about ADHD. Participation includes interviews, magnetic resonance imaging (MRI), and treatment using an FDA approved medication for ADHD. You will NOT be charged for any part of the study. Your family may be compensated up to \$850 for your time.

If you are interested and would like to learn more about our study, please call
646-774-5703.

expand your business
with metro.

to advertise, contact (212) 457-7735 or advertising@metro.us

metro media

media.metro.us

Do you suffer from eczema?

Skin Specialty Dermatology is looking for subjects who have eczema since childhood to participate in a clinical research study evaluating an experimental product in a capsule.

6 visits over approximately 14 weeks
18 years or older
Compensation: up to \$360

212-223-6599

research.cookbolden@gmail.com

Located near N, Q, R, 4, 5, 6 trains
at 59th street and
Lexington subway station

Icahn School of Medicine at Mount Sinai Mood and Anxiety Disorders Program

Do you suffer from depression?

- Feeling sad or down
- Feeling hopeless or worthless
- Feel like crying
- Changes to your appetite
- Having difficulty making decisions
- Can't sleep or concentrate
- Having low energy
- Just don't enjoy things the way you used to

You may be eligible to participate in a depression research study if you:

- are between the ages of 21-65
- have not taken antidepressants or any medications for another psychiatric disorder within the last two weeks
- do not regularly smoke
- have not recently abused drugs or alcohol
- have no history of bipolar disorder or schizophrenia

Researchers at Icahn School of Medicine at Mount Sinai are looking for adults with depression to participate in research studies. Benefits may include a medical evaluation, MRI scan, and monitoring for your depression. Participants will receive monetary compensation for their time.

For more information, please call 212-241-7906 or email marin.kautz@mssm.edu

GCO 12-0607 IRB approved through 12/26/15

BACK PAIN MASSAGE

overweight stress anxiety back neck joint pain fatigue pinched nerve poor circulation sciatica migraine foot pain hair loss acne
MD supervised acupuncture physical therapy

Accept 1199 aetna cigna oxford unitedhealthcare bluecross blueshield metropius affinity healthplus medicare and more
www.MedicalHolistics.com

115W 30 St, #5008Jewel 212-764-3924 723 7 Ave #703 (48 St) 212-470-0360 Jamaica Queens 718-687-2474



Inflamax Research is looking for people allergic to grass for a Grass Allergy Study

- Males and Females
- 18-50 years old
- Allergic to Grass Pollen (minimum 2 yr history)
- Have troublesome or very troublesome allergy symptoms despite using anti-allergy medication

**Compensation
Up to \$4,500**

**Study requires 8 visits to the clinic
plus 4 post study telephone calls**



Call us to book a paid screening appointment
1-888-989-1808 | www.SneezeUSA.com

*Located in Newark, NJ ~10min walk from Penn Station

MEDICAL RESEARCH

To advertise, call Peter Blankenstein at 212-457-7751
or email peter.blankenstein@metro.us



Bankruptcy Attorney

Looking for a low-priced bankruptcy attorney who accepts installments? Then call

Jay Simon • 718.222.4619

32 Court Street, Suite 805, Brooklyn
Bankruptcy Only, Chapter 7 Specialist, Low Fee, One Set Fee,
Installments, Personalized Attention, Free Consultation

Service • Savings • Satisfaction • Simon!

LEGAL SERVICES

To advertise, call Thomas Franke at 212-457-7840
or email peter.blankenstein@metro.us

BANKRUPTCY 917-783-0906



\$835 Including Court Fees!! Free Consultation

"Convenient Evening Appts. In Manhattan"

Manhattan: 116 West 23rd St., 5th Fl. Evening & Sat.
Flushing: 136-17 39th Ave., 3rd Fl. Queens Appts. Available

Howard S. Warner, Attorney

Debt relief agency. We help people file for bankruptcy relief under the bankruptcy code.

FIREDD?

212-286-1425

OWED OVERTIME?

LAW OFFICE OF WILLIAM C. RAND
488 Madison Ave., Suite 1100, New York, N.Y. 10022

DIVORCE \$299

1-800-414-0333

TheDivorceCenter.com

Spouse's Signature Not Needed

Don't Be Fooled By Imposters

Plus Court Fee - Without Children - With This Ad

EXPIRES 9/30/2015

SUFFERING FROM DEPRESSION?

PARTICIPATE IN A CLINICAL TRIAL

Study Information:

- Men and women, ages 18-70
- Primary diagnosis depression
- Compensation may be provided for time and travel



TRANSPORTATION AVAILABLE

CLINILABS

(212) 994-4567

clinilabs.com/volunteers

Text VOLUNTEER to 313131

SPA & MASSAGE

To advertise with Metro, email Peter Blankenstein
at peter.blankenstein@metro.us



IMPORTANT INFORMATION:
All classified advertising is subject to the terms and conditions of the applicable Metro Classified rate card and to approval and acceptance at Metro U.S. option. Metro US reserves the right to edit, reject, cancel or reclassify an ad, and reserves the right to convert any classified advertising to alternative formats for use and publication in other Metro U.S. publications. It is the advertiser's sole responsibility to check each ad the first day it is published. Metro U.S. assumes no responsibility for any reason, for any error or omission in any ad.

LEGAL NOTICES

NOTICE OF FORMATION of SKJ Ventures LLC. Articles of Organization filed with the Secy. of State of New York (SSNY) on 06/04/2015. Office location: New York County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC c/o 45 East 25th Street, New York, NY 10010. Purpose: any lawful activity.

NOTICE IS HEREBY GIVEN that a license, Number 1287743, for On Premises Liquor has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law 37-15 Broadway, Astoria, NY, for on premise consumption. District Mot Corp.

NOTICE OF FORMATION of Serge Worldwide LLC. Articles of Organization filed with the Secy of State of New York (SSNY) on 05/22/2015. Office location: New York County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC c/o 255 West 43rd Street, New York, NY 10036. Purpose: Real Estate investment.

Notice of Formation of TRS & Associates LLC. Articles of Organization filed with the Secy. of State of NY (SSNY) on May 22, 2015 Office location: Queens County SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 1568 216th Street, 2nd Fl., Bayside, NY 11360. Purpose: Real Estate.

Notice of Formation of Vaststar LLC. Articles of Organization filed with the Sec'y of State of New York (SSNY) on 6/15/2015. Office location: Queens County. SSNY designated as agent of the LLC upon whom process may be served. SSNY shall mail process to: the LLC c/o 35-23 Farrington St., 2nd Fl., Flushing, NY 11354. Purpose: any lawful activity.

LEGAL NOTICES

NOTICE IS HEREBY GIVEN Notice of Formation of S & V Wireless LLC Articles of Organization filed with Secy. Of State of NY (SSNY) on 3/25/2015. Office location: New York County SSNY designated as agent of LLC upon who process against it may be served. SSNY shall mail process to: LLC c/o 1196 6th Ave., New York, NY 10036. Purpose: any lawful activity.

NOTICE IS HEREBY GIVEN that a license, Number 1287110, for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 33-35 Francis Lewis Blvd. Flushing, NY 11358, for on-premises consumption. Arya Grill Kabab Inc..

NOTICE IS HEREBY GIVEN that a license, Number Pending, for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 77-02 Roosevelt Ave., Jackson Hgts., NY 11372, for on-premises consumption. Arepa Lady Inc.

BUSINESS OPPORTUNITIES

Entrepreneurs Wanted!
Make \$180k-\$250k p/yr
investing in properties with
little \$ or credit. 866-576-3490

REAL ESTATE

Rooms for Rent

All Manhattan/Bronx

Furnished Rooms For Rent!
Cable/Internet Ready! Move
In Today! All utilities Inc.
Starting Just \$125/wk.
Call Us Now: (212)368-2685

Manhattan & Bronx Rooms

Private rooms in apt. Fully equipped.
Start 150 wifi/cable included.
Move same day! • (212) 862-0030

100's Available, All Boroughs

Private Entry Bath Cooking
1 Person/2 Person \$125wk/up room rentals
Studios \$900/up
212-697-3598

metroCLASSIFIEDS
To place an ad call 866-900-9473
or visit us at www.metro.us

ITEMS WANTED

**CASH FOR DIABETES
TEST STRIPS -**
Up to \$35/box! Payment
Made SAME-DAY We
Receive Your Strips!
Call Jenni for a Quote
Today! 809-413-3479
www.CashForYourTestStrips.com.

PSYCHICS

WORLD FAMOUS ASTROLOGER & SPIRITUALIST
PANDIT: RAMAN SHASTRY


100%
Are you disappointed
meeting astrologers &
not getting solutions
then meet once.
• Marriage Problems • Business Problems
• Spiritual Problem • Money Problems
• Sexual Problems • Family Argument
• House Problems • Love Problems
• Worried about loved one • Enemy Problems
• Husband Wife Problems • Jealousy
**REMOVAL OF BLACK MAGIC
OBIYA, VODOO, EVIL SPIRITS
FOREVER. HAVE A PEACEFUL LIFE**
718-690-4564
103-02 Lefferts Blvd.
S. Richmond Hill
NY 11419 (Private House)

**ASTROLOGER PSYCHIC
& SPIRITUAL HEALER**

GOVINDA SWAMY

PANDIT IS AN EXPERT IN
REMOVING BLACK MAGIC,
SPELL, EVIL SPIRITS, JAODOO,
VOODOO, OBEAH CURSE,
EVIL EYE POWER, BUTU,
SICKNESS FAMILY PROBLEMS,
JOB, MONEY COURT CASE,
DEPRESSION, LOTTERY BAD
HABITS, CHILDREN PROBLEMS.
EXPERT IN BRINGING LOVED
ONES BACK.
FREE READING ON EVERY SATURDAY
Quick Results in 9 days
718-530-8905
107-30, 121 STREET
RICHMOND HILL NY 11419 (Pvt. House)

**MR. BETHIO
GUINEAN ADVISOR &
SPIRITUALIST**
35 Years of Experience
Relationship specialist
reunite lovers, marriage,
no matter how difficult
your problem is, work,
business, court cases,
sexual problems, bad
luck & black magic, evil
influence, witchcraft.
3 Days Results
Guaranteed.
646.338.9719
www.psychicbethio.com

PSYCHICS

**WORLD RENOWNED POWERFUL
SPIRITUALIST & HEALER**
PANDITH: PAVAN
Today is your day to let go of All Negative things
I AM THE KEY TO YOUR SUCCESS
EXPERT IN READING PAST PRESENT + FUTURE
Solves Problem Like
Depression, Love, Job, Money, Business,
Jealousy, Husband & Wife, Blockage etc.
**I WILL REMOVE & DESTROY, BAD LUCK, WITCHCRAFT,
OBEAH, JADOO, VODOO, BLACK MAGIC, PERMANENTLY**
Worrying is wasting energy on the things you
can't control Leave everything in my hand
RESULTS BETWEEN 3/9 DAYS
646-461-0874
Richmondhill, NY-11419, (Pvt Home/office)

**ASTROLOGER
PSYCHIC**
ALL NATIONALITIES WELCOME

**375 YEARS JUNGLE
GENERATION ASTROLOGER**
**PANDIT
RAM RAJ**
HE CAN HANDLE, REMOVE & VODOO
DESTROY BLACK MAGIC & KARMA
• HEALTH PROBLEM
• JOB PROBLEM
• SEX PROBLEM
• LOVE PROBLEM
• BAD LUCK
• JEALOUSY
• DEPRESSION
• NEGATIVE ENERGY
929-330-8339
120-19 LIBERTY AVE.
SOUTH RICHMOND HILL, NY 11419
(INSIDE PIRON FASHION SHOP)

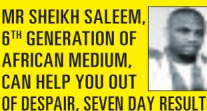
Mr. SAIDOU
International Spiritualist
Medium & Psychic
Over 40 yrs exp. Bring
back loved ones in the
Quickest Way, Stop
Infidelity, Business
Success, Exams &
Career, Black Magic
Specialist, Clear
Negativity, Bad Luck,
Protection, Sexual
Problems etc. Results in
7 Days Guaranteed.
Call 516-206-8543 and
646-339-9948

**INDIAN SPIRITUAL HEALER
ASTROLOGER**

PANDITH: GANESH BABA
Expert in Reunite Loved Ones
Break Black Magic
Evil Spirit, Bad Luck
Voodoo, Negativity, Blockage
Protect Relationship
Marriage & Love
Success Exams, Career, Business
Sexual Problems, Court Case
Divorce, Gambling
and Drinking Problems Etc.
347-691-6077
128-09 LIBERTY AVE.
RICHMOND HILL, NY 11419
(PRIVATE HOME)

**SWAMI - SPIRITUAL
HEALER AND ADVISER**

For Help and Solutions
Love, Marriage, Career,
Sickness, Family Problems,
Business, Financial,
Black Magic, Evil Effects,
Obeah, etc.
I SOLEMNLY PROMISE TO HELP
ANYONE WHO COMES TO ME.
Your worries end here.
Call me Swami
347-681-1589
107-11 120th Street
Richmond Hill, NY 11419
Generation of Spiritual Healers
100% Guaranteed Results

**AFRICAN ADVISOR
& SPIRITUALIST**

MR SHEIKH SALEEM,
6TH GENERATION OF
AFRICAN MEDIUM.
CAN HELP YOU OUT
OF DESPAIR, SEVEN DAY RESULTS
Love specialist. Reunite lovers
even hopeless cases. Business success,
Release from spell, Clear Negativity,
Strong Voodoo, Black Magic,
Court issues, Family problems, Drugs,
Careers, Exams, Gambling, Luck,
Protection, Impotency/Infertility & more.
917-254-6647
116TH/7TH AVE
WWW.AFRICANMEDIUM.COM

**RAGHAVENDRA
ASTROLOGY CENTER**
PSYCHIC READER
PANDIT NARAYAN

GOOD NEWS FOR SUFFERING PEOPLE!
EXPERT IN READING PAST
PRESENT + FUTURE
• HEALTH PROB. • FINANCIAL MATTERS
• CHILDREN MISTAKES • LOVE
• DIVORCE & WIFE • CAREER PROBLEMS
• SELF WORTH PROB. • LOVE
• DEPRESSION • RE-ENTRY PROB.
• COURT PROBLEMS • RE-ENTRY PROB.
• ART PERSONAL PROB. • EYE SIGHT PROB.
SPECIALIZED IN
BRINGING LOVED ONES BACK
347-755-5536
118-01 LIBERTY AVE. RICHMOND HILL NY 11419

PSYCHICS

SERIGNE
Spiritual Reader & Coach Bring
back loved one, stopped infidelity
in Relationship, marriage, fixed
Domestic, issues, job, success in
business, court case, removed
bad luck, witchcraft, black
magic. Stop enemy & offer
protection. FAST RESULTS
SpiritualRestore.com
**917-679-1518 or
646-590-9495**

metro CLASSIFIEDS
To place an ad call
866-900-9473
or visit us at
www.metro.us

DEADLINE: 2 BUSINESS
DAYS PRIOR TO
PUBLICATION AT 4 PM.



metro CLASSIFIEDS
To place an ad call
866-900-9473
or visit us at
www.metro.us

DEADLINE: 2 BUSINESS
DAYS PRIOR TO
PUBLICATION AT 4 PM.



metro CLASSIFIEDS
To place an ad call 866-900-9473
or visit us at www.metro.us

ENTERTAINMENT

America's Premier Psychics Live Psychic Reading

877-998-FATE (3283)
Entertainment only 18+

Erotic Zone!!!

Meet Sexy Singles
in Your area!

100's of Singles on line now!

CALL NOW!

800-838-2561

HOT LIVE SEXY GIRL'S

800-963-4536

18+

Try It FREE!!!

New York's Hottest
Chat Line

Meet Real Local Singles
in Your Area

646-507-5155

Gay/Bi Curious Chat!

646-507-5151

Reg. LD rates apply 18+

CAREER TRAINING

CNA TRAINING \$535
Home Health Aide
Training \$340

Immediate Job
Placement Assistance
Fordham Institute in
Queens 718-480-1804

HHA/CNA Training
NYSED

Slow learner? Long time
out of school? Placement
Assistance. Job
Placement Assistance
\$14.00/per hr
Call #718.349.8003

CAREER TRAINING

Access Careers, Brooklyn
Are You HHA? Upgrade to CNA/PCT!!!

- * Medical Assistant
- * Nurse Aide (CNA)
- * EKG & Phlebotomy
- * Patient Care Tech
- * Physical Therapy Aide
- * Pharmacy Tech
- * Cosmetology.....New Program
- * Esthetics.....New Program



Call Now: 866-487-5432

www.AccessCareers.Edu

25 Elm Place.# 201, Brooklyn, NY 11201

- * Licensed by NYSED
- * Onsite State & National Examination
- * Short, Fast Track Morning, Evening & Weekend Classes
- * Easy weekly Payment Plans

Mandl School

The College of Allied Health

Earn your Associates Degree
not just a certificate

- Medical Assistant
- Surgical Technologist
- Respiratory Therapist
- Health & Human Services
Alcohol & Substance Abuse Counselor
- Healthcare Administration
Medical Coders & Billers
- Dental Assistant
(certificate)



CLASSES START SEPT. 9
ACT NOW!



Financial Aid Available*
Day/Eve/Weekend Courses
Transfer Credits Accepted
Convenient Midtown Location

VITAL CAREERS START HERE!

Call Today: 855-626-3504
254 West 54th Street | www.mandl.edu

For disclosure information visit:
<http://mandl.edu/gainful-employment/>
*Financial Aid available if qualified. Earn college credits

NY State Security Guard Training

NY City Fire Safety Training

Same University location for 21 years

All classes are conducted at Pace University's Conference Center, their new, state of the art training facility, just south of the main school and the Brooklyn Bridge
Call 1-888-793-7328 or reserve and pay on-line at
www.SecurityTraining.com • www.FireSafetyDirector.com

NY State accredited Security Guard Training:

8 Hour Pre-Assignment Training Course for Security Guards
Saturday, Sept. 12th • Fee: \$40.00 per person

16 Hour OJT Training Course for Security Guards

Pt. 1: Saturday, Sept. 19th • Pt. 2: Saturday, Sept. 26th • Fee: \$80.00 per person

Eight Hour Annual In-Service Training Course for Security Guards

Saturday, Sept. 12th • Fee: \$40.00 per person

Call 1-888-793-7328 or visit www.SecurityTraining.com

By REMS Training, Inc.

NY City accredited Fire Safety Training:

Our next WEEKEND class starts on: Saturday, September 12, 2015

9am - 4pm (4 consecutive Saturdays)

Our next WEEKDAY classes start on: Tuesday, September 22, 2015 9am - 4pm (4 sessions)

Our next EVENING class starts on: Monday, October 19, 2015 6pm - 10pm (5 sessions)

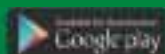
Fee: \$220.00 per person

Call 1-888-793-7328 or visit www.FireSafetyDirector.com

We also Write and File FIRE SAFETY PLANS www.FireSafetyPlans.NYC

By REMS Training, Inc.

DOWNLOAD
THE METRO.US APP



CAREER TRAINING



JOBS

We Train & Place!

New Media Production (Audio & Video)
PCT • HHA • Medical Asst EKG/PHLE/Pharm Tech

CNA FREE Training if eligible

A+, BA, QA, SAP - Solar Tech etc

Call: 718-263-0750

STUDENTS VISAS @ LOW COST

On Queens Blvd Next to E/F Train Q10 Bus 8002 Kew Gardens Rd, Kew Gardens, NY

WWW.ACCESSQUEENS.COM

US Vets
Call
Now

JOBS

General Help Wanted

Full Time Sales
Representatives
Previous Experience in
Sales an Asset,
NOT a Requirement
Full Training Provided
Hourly Pay +
Commission and Health
Benefits
Fast-track into
Leadership
Call 718-210-3639

Drivers Independent Contractors
(Long Island City) Tri-state courier
service, Minimum 1 year experience,
Must have own vehicle with
commercial plates or own helper.
Steady work and great rates. Bring
your driver's license, SS card,
registration and insurance card. Apply
at Mitchell's Data Movers 47-11 Austell
Place Long Island City, NY 11101 See
Rich between 10AM and 4PM Monday
to Friday only.

F/T EXP. Electricians
needed ASAP. Great salary
+ ben. Call 718.437.6937 x101
or hr1@horsepowernyc.com

SIGHTSEEING BUS TICKET AGENTS

Start today! Paid daily

Choose Hours up to 30% comm

2 East 42nd Street

212-664-0300

Professional

Landscape Designers:
Sought by Field Operations
In New York, NY to provide
landscape design and
production support on all
phases of a project. Master
dgr. In Landscape Arch. For
details & applying, refer to
<http://www.fieldoperations.net/contact.html>. w/
Ref# 11145292.

SERVICES

REDUCE YOUR CABLE BILL!

Get an All-Digital Satellite
System installed for FREE
and programming starting at
\$19.99/mo. FREE HD/DVR
upgrade for new callers,
SO CALL NOW
877-356-0526

metro CLASSIFIEDS

To place an ad call 866-900-9473
or visit us at www.metro.us

metro CLASSIFIEDS

To place an ad call
866-900-9473

or visit us at
www.metro.us

DEADLINE: 2 BUSINESS
DAYS PRIOR TO
PUBLICATION AT 4 PM.



metro CLASSIFIEDS

To place an ad call 866-900-9473



#MORETOTASTE



OFFICIAL COFFEE OF THE US OPEN



LAVAZZA

THERE'S MORE TO TASTE



lavazza.us